



PSHE AT PLECKGATE YEAR 7 LEARNING JOURNEY



Lesson 4: How can we Shop Ethically?

- Identify reasons why we should make ethical financial decisions
- Describe the conditions of sweatshop workers
- Explain meaning of social corporate responsibility.

Lesson 2: Savings, Loans and Interest Rates

- Identify the best saving accounts
- Describe the dangers of personal loans
- Explain how we must consider interest rates when choosing the most suitable financial products for us.

Lesson 4: Introduction to Consent

- Explain what consent means
- Describe how to recognise when a person is consenting and when they are not.
- Explain how consent is sought, given, and not given.



Lesson 3: Healthy and Unhealthy Relationships

- Describe the features of committed, stable, healthy relationships.
- Explain appropriate online relationship behaviours.

YEAR
8



HT6

Lesson 3: Financial Transactions

- Describe what we must look out for and be wary of during common transactions.
- Explain why we need to be particularly careful at certain points during the transactions.

Lesson 1: Budgeting

- Identify key terms and information about your own income and expenditure.
- Create a personal budget plan

Lesson 2: Menstrual Wellbeing

- Describe and evaluate a range of menstrual products.
- Give advice about managing menstrual wellbeing.
- Challenge assumptions and stereotypes about menstruation.



Lesson 1: Healthy Lifestyles

- Identify the main factors that contribute towards living a healthy life.
- Describe how we can live our lives healthily
- Explain why we need to live healthily

Lesson 3: FGM

- Describe the risks and facts associated with FGM and its status as a criminal act
- Develop strategies to safely access support.



HT5



Lesson 2: Personal Hygiene

Correctly identify the different factors which contribute towards someone having excellent personal hygiene and oral health. Describe what could happen to our health if we don't look after our personal hygiene and oral health.



Lesson 1: Puberty

- Describe the main physical and emotional changes experienced during puberty
- Evaluate how relationships can be affected during puberty
- Have strategies for managing the emotional aspects of puberty

HT4

Lesson 2: Bullying and how it can be Prevented

- Describe and recognise bullying, and its impact in all its forms.
- Develop the skills and strategies to manage being targeted and to support others who are being bullied.

Lesson 1: What is Diversity?

- Define the similarities, differences, and diversity among different people
- Understand the benefits of diversity and inclusion of people, regardless of their differences
- Identify the nine protected characteristics in the Equality Act 2010



HT3



Lesson 3: Cyberbullying

- Identify the different types of cyber bullying.
- Describe what cyber bullying is and why people do it.
- Analyse why the 4 Step Method to stop cyber bullying is effective.

Lesson 1: What is Good Communication?

- Identify multiple forms of communication
- Describe effective communication skills
- Explain how to use active listening skills



Lesson 2 & 3: What are my qualities and skills and how do I develop them?

- Review your strengths, interests, skills, qualities and values and how to develop them.
- Begin to set realistic yet ambitious targets and goals for developing our skills and qualities further.
- Start to investigate the skills and attributes that employers' value.

HT2



Lesson 4: Personal Safety

- Correctly identify ways we improve our levels of personal safety
- Describe ways we can help in medical emergencies
- Demonstrate accurately new first aid skills as well as analysing the best way of minimising risk to ourselves in dangerous situations.



Lesson 3: Healthy Lifestyles- Achieving Balance

- Explain the benefits of a balanced approach to life
- Describe some different elements of wellbeing
- Explain how learning can improve our wellbeing

Lesson 4: Aspirations

- Identify ways of achieving our full potential and achieve our aspirations.
- Describe what it means to leave our 'comfort zone'.
- Explain how students can overcome barriers to aspirations by being resilient.



HT1

Lesson 2: Talking about Our Emotions

- Identify a range of emotions accurately and sensitively, using appropriate vocabulary
- Explain how different emotions make us think and feel
- Recognise the link between language and mental health stigma



Lesson 1:
Introduction to PSHE at Pleckgate
What will I learn?



YOUR JOURNEY
STARTS HERE

