Walkwood
Church of England Middle School

Personal and Social Health Education

	Wk	Year 7 — 2 lessons per fortnight Topic	Learning content	Teacher assessment
Autumn- 15 weeks	1	**Emotional wellbeing: managing change and transition**	This unit helps students transition to secondary school, set learning goals and develop social and emotional skills *Key Vocabulary* *Healthy lifestyle, caffeine, nicotine, addiction, stimulant, depressants, knife-crime*	
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	6	**Friendship and bullying**	This unit explores the principles of healthy and unhealthy friendships, as well as how to identify and respond to bullying incidents. *Key Vocabulary* *Happiness, contentment, moral values, society, citizen, community*	
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	15	**Families and changing relationships**	This unit covers the role of families, including caring for each other in changing circumstances, such as divorce or separation. *Key Vocabulary:* *Self-esteem, aspirations, anti-racism, prejudice, discrimination, internet safety, social media, ethics*	
Spring- 13 weeks	1			
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	6	**Puberty and keeping safe**	This unit revisits learning about puberty from KS2. It then focuses on specific learning about testicular and vulval health, as well as how to identify and report abuse. *Key Vocabulary:* *Mental health, well-being, depression, anger management, cyberbullying, radicalisation, extremism, LGBT*	
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	12	**Influences on relationships**	This unit helps students consider influences on their expectations of – and attitudes towards – relationships, including online and media influences. *Key Vocabulary:* *Toxic relationship, bullying, banter, cyberbullying, British Values*	
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Summer-12 weeks	1			
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	5	**Financial decisions**	This unit supports students to develop their financial literacy and rehearse decision-making and risk assessment skills in relation to money and spending. *Key Vocabulary:* *Finances, financial, fiscal, budget, saving*	
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Year 8 — 2 lessons per fortnight Topic	Learning content	Teacher assessment
Health and wellbeing	In this unit, students develop decision-making skills that support a healthy lifestyle and their wellbeing: from considerations about food, exercise and sleep, to assessing the impact of climate change on young people's wellbeing. *Key Vocabulary* *Wellbeing, Lifestyle, Nutrition, Exercise, Sleep, Decision-making*	
Personal safety and managing risk	This unit is an opportunity for students to assess risk and support their personal safety in a range of contexts, including on the roads, around water, and in relation to alcohol and other drugs. *Key Vocabulary* *Risk, Safety, Consequences, Vulnerability, Responsibility. Risk assessment*	
Belonging and Community	This unit focuses on how to create respectful and cohesive communities. It helps students recognise and challenge bias, stereotypes and discrimination and promote inclusion. *Key Vocabulary* *Belonging, Community, Identity, Diversity, Inclusion, Respect*	
The online world	This unit helps students to recognise how their behaviour can be manipulated online, through algorithms and targeted content. It helps students assess how online platforms generate income through users. *Key Vocabulary:* *Digital footprint, Privacy, Cybersecurity Misinformation, Algorithms, Online safety*	
Healthy and unhealthy relationships	This unit introduces a range of relationship issues facing young people, including harassment, image-sharing and gendered violence, and how to get support. *Key Vocabulary:* *Relationships, Respect, Boundaries, Consent, Communication, Trust*	
Managing money	This unit builds on previous learning about financial decision making to explore aspects of daily economic wellbeing, such as managing bank accounts and different ways of saving and borrowing. *Key Vocabulary:* *Budgeting, Banking, Saving, Spending, Financial decisions, Economic wellbeing*	