



# St Benedict's Catholic School

*The Catholic Secondary School for West Suffolk*

## PSHE & Citizenship Curriculum Guide

### Year 7

#### Autumn Taught Content

- Listen! = Strategies to develop students' listening skills.
- Our world = Learning about the importance of protecting our planet and how we can do this.
- Handling change = Looking at what can impact people's mental health and knowing some strategies to help look after it.
- Good relationships = Reflecting on how to try to have positive relationships.
- Money habits = Distinguishing between good and bad money habits.
- Spending = Knowing good and bad money habits and how you can make your money go further.
- Saving = Knowing different ways to budget and the importance of saving.
- Thinking about faith = Reflecting on some of life's big questions.

#### Spring Taught Content

- Career options = Assessing how to choose a future career.
- The world of work = Comparing the past, present and future job market.
- UK Parliament = Knowing the roles of the 3 parts of Parliament.
- A healthy diet = Learning about how to have a healthy diet.
- A healthy lifestyle = Deciphering between healthy and unhealthy lifestyle choices.

#### Summer Taught Content

- Staying safe and well = Strategies to help you to protect yourself from harm.
- The Values Game = Reflecting on admirable values.
- Relationships to last = Identifying different examples of positive and negative relationships.
- Resilient relationships = Assessing the impact which outside factors can have on a relationship.
- Me as a consumer = Knowing the responsibilities you have as a consumer.

#### Assessment

At the end of each lesson students will complete a self-assessment activity to show how much they have learnt.

## Homework Expectations

No formal homework tasks will be set but students are always encouraged to continue their learning beyond each lesson e.g. by sharing what they have learnt with others and looking out for when related issues are in the news.

## Reading List

### Books:

**Cash, Savings and all that stuff** – Kira Vermond

**You are awesome** – Matthew Syed

**'Issues' titles** – Subscription available from the LRC

### Websites:

National news: [www.bbc.co.uk](http://www.bbc.co.uk)

Local news: [www.eadt.co.uk](http://www.eadt.co.uk)

Children's news: <https://www.bbc.co.uk/newsround>

## Extra and Super Curricular Opportunities

Students are encouraged to take part in the extra-curricular activities which are offered across the school. Students are made aware of specific PSHE & Citizenship opportunities as they arise e.g. to enter related competitions or take part in mock elections.