



St Benedict's Catholic School

The Catholic Secondary School for West Suffolk

PSHE CURRICULUM GUIDE

Year 7 Autumn

During PSHE and Citizenship this year, your child will develop a number of important skills including:

- Critically exploring political and social issues
- Evaluating evidence
- Debating
- Making reasoned arguments
- Being encouraged to play an active part in both the school and the broader society

It will also prepare your son/daughter to take their place in society as responsible citizens, manage their money well, be healthy and safe and learn basic First Aid Skills.

During the Autumn term your son/daughter will complete a unit called 'Change, Transitions and You' which helps welcome your child to St Benedict's. It focuses on helping your child to settle in well and build good friendships with their peers. It discusses issues such as peer pressure and bullying and how to prevent and resolve issues which may arise.

The next topic to be completed is called 'What Represents Britain'. This enables your child to explore what it means to live in modern Britain. It looks at key British institutions and what we consider to be British Values. This sits alongside work which students will complete at the very start of the year on extremism, radicalisation and preventing terrorism.

Also this term, your child will complete a series of work to create a good set of study skills which they can use during their time here, across subjects. It looks at the importance of good organisation, how to achieve well in lessons and how to manage completing homework. It looks at what influences them and the personal qualities which they have. It will help pupils to begin to consider what options they would like to study in the future and what future career paths they could follow.

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In Citizenship lessons this term, your son/daughter will explore the responsibility which we as British citizens have to look after our environment. We will look at the consequences which our actions have and will study in detail the benefits of recycling.

Your child will then explore what it means to have a healthy lifestyle. They will evaluate the impact which smoking, diet, sleep, exercise and stress can have on the body and assess their own current habits.

Also during this term, your child will complete activities linked with World Book Day.

Year 7 Summer

During the Summer Term of Year 7 your child will complete a workbook which focuses on Rights and Responsibilities. It looks at the personal responsibilities which pupils currently have and what responsibilities they may hold in the future. This includes in regards to their own lives, within families, at school and as a British citizen. It looks in detail at how these rights can upheld and what happens if these rights are broken. There will be discussion on if everybody should be entitled to have rights for example those with extremist views or those in prison. There will be exploration of the UN declaration of the rights of a child.

Your child will also complete a unit of work based around the TV Programme Dragon's Den. This allows pupils to pitch their own idea, allowing them to consider the skills which are required to be an entrepreneur, for them to develop their speaking and listening skills as well as consider the value of money and some of the risks associated with it.

The final topic which your son/daughter will complete this year is based around the Suffolk Libraries Reading Project.