



St Benedict's Catholic School

*Developing Wisdom, Compassion and Resilience
through Prayer and Work*

PSHE and Citizenship Department Curriculum Guide

Year 7

Curriculum

| Autumn | Spring | Summer |
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| <ul style="list-style-type: none"> • <u>Listen!</u> = Strategies to develop students' listening skills. • <u>Handling change</u> = Looking at what can impact people's mental health and knowing some strategies to help look after it. • <u>Give 2 Good</u> = Launching a project to give students the opportunity to show compassion to those who need it. • <u>UK Parliament</u> = Knowing the roles of the 3 parts of Parliament. • <u>Money habits</u> = Distinguishing between good and bad money habits. • <u>Spending</u> = Knowing good and bad money habits and how you can make your money go further. • <u>Our world</u> = Learning about the importance of protecting our planet and how we can do this. • <u>Good relationships</u> = Reflecting on how to try to have positive relationships. | <ul style="list-style-type: none"> • <u>Career options</u> = Assessing how to choose a future career. • <u>The world of work</u> = Comparing the past, present and future job market. • <u>Careers Live</u> = Meeting our school's careers advisor and alumni. • <u>Growing up</u> = Understanding changes which occur as we grow up. • <u>Be happy, be you</u> = Knowing strategies which could increase your happiness. • <u>A healthy diet</u> = Learning about how to have a healthy diet. | <ul style="list-style-type: none"> • <u>A healthy lifestyle</u> = Deciphering between healthy and unhealthy lifestyle choices. • <u>The Values Game</u> = Reflecting on admirable values. • <u>The Cost of Living</u> = Working out actual living costs currently in the UK • <u>Staying safe and well</u> = Strategies to help you to protect yourself from harm. • <u>Be happy, be you</u> = Knowing strategies to boost your baseline happiness. |

Assessment & Homework

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

At the end of each term students will complete an online test of what they have learnt throughout the year.

During the Autumn Term students will be set the Give 2 Good project as homework, encouraging them to show compassion to others.

At the start of the Spring and Summer term students will be given a homework challenge sheet with four different tasks on linked to the topics they will be studying in PSHE & Citizenship that term. These can be completed at any point during the term.

At the end of each term students will complete an online test of what they have learnt throughout the year.

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.

Resources

None of these are required for students to have but suggestions of resources they could read in addition to their class learning are:

Books:

Cash, Savings and all that stuff – Kira Vermond

You are awesome – Matthew Syed

How to change the world – Rashmi Sirdeshpande

Ella on the outside – Cath Howe

Be happy be you, The teenage guide – Penny Alexander and Becky Goddard-Hill

Check mates – Stewart Foster

The Bubble boy – Stewart Foster

All the things that could go wrong – Stewart Foster

Websites:

National news: www.bbc.co.uk

Local news: 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.