



Lockyer's Middle School PSHE Coverage

Year 7

Lesson	<u>Unit 1 - Building Relationships</u>	Where an RSHE statement is covered.
1	Explain how to develop self-worth and self-efficacy.	RSHE
2	Explain the qualities and behaviours related to positive relationships.	RSHE
3	How to establish and maintain friendships.	RSHE
4	How to evaluate their impact on other people and treat others with kindness and respect	RSHE
5	How to evaluate expectations for romantic relationships.	RSHE
6	Understand how to evaluate expectations for a romantic relationship and ensure that consent is communicated.	RSHE
	<u>Unit 2 - Safety</u>	
1	Know how to respond to an emergency situation	RSHE
2	Understand basic First Aid.	RSHE
3	Demonstrate the key steps to administering CPR and identify sources for help.	RSHE
4	Identify the risks surrounding water.	RSHE
5	Identify and minimise risk.	RSHE
	<u>Unit 3 - Developing skills and aspirations.</u>	
1	Identify personal qualities and areas for development.	
2	Discuss and identify your own personal qualities and skills.	
3	Match specific qualities and skills to occupations/jobs	
4	Identify specific jobs/occupations from listed required or beneficial skills and qualities	
5	Explore different careers and identify at least one of interest to you.	
6	Investigate and discuss various career paths.	
7/8	Identify key skills required in enterprise.	



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	<u>Unit 4 - Financial decision making.</u>	
1	Recognise emotions linked to finance.	
2	Understand ethical and unethical businesses practises and consumerism.	
3	Understand how to save, spend and budget carefully.	
4	Know how to make safe financial choices.	
5	Examine ways to control spending.	
6	Evaluate the importance of getting good shopping advice before entering the marketplace.	
	<u>Unit 5 - Health and puberty.</u>	
1	Describe how to manage physical and emotional changes during puberty.	RSHE
2	Understand that the legal and moral duty is with the seeker of consent.	RSHE
3	To learn about different influences on someone's diet and exercise choices.	RSHE
4	To learn how to make independent, informed decisions about maintaining physical health.	RSHE
5	Know how to manage and maintain good oral hygiene and dental health	RSHE
	<u>Unit 6 - Diversity.</u>	
1	Explain what makes up your own identity.	
2	Explain what it means to be living in a diverse society and what it brings to those who live there.	
3	Explain how to challenge prejudice stereotypes.	
4	Explain the signs and effects of all types of bullying online.	RSHE
5	Explain the rights and responsibilities of the population.	