

Barnsley Academy – Year 7 Character and PSHE Curriculum Overview 2023-24

Autumn Term			Spring Term			Summer Term		
	Class Focus	Homework		Class Focus	Homework		Class Focus	Homework
Week 1			Week 1		<i>Active Citizenship Project</i>	Week 1		
Week 2	Understanding Myself and Others: Moving Up <i>Getting to know my new school and Looking Forward</i>	To write a letter to Mr Khan explaining who you are, what your ambitions are and how you want to show commitment to your school.	Week 2	Making Healthy Choices: Being an Adolescent. <i>To explore how you change physically, mentally, emotionally and socially during adolescence.</i>	Choose your issue and Research your actions.	Week 2	Minding Myself and Others: Relationships <i>To reflect on why friendships are important and how to communicate respectfully and appropriately.</i>	To write a reflection piece on how and why it is important to behave appropriately in different scenarios.
Week 3			Week 3			Week 3		
Week 4	Understanding Myself and Others: Self-Management <i>Managing your time in and out of school</i>	To devise a personal timetable for activities both in and outside of school.	Week 4	Making Healthy Choices: Being Healthy – Hygiene <i>To understand the importance of personal hygiene in adolescence.</i>	Choose your actions, decide how to measure success and plan your actions.	Week 4	Minding Myself and Others: Respecting Myself and Others <i>To reflect on healthy and unhealthy friendships in real life and online</i>	To write an email to your Head of Year about what school could do to encourage and promote healthy friendships.
Week 5			Week 5			Week 5		
Week 6	Understanding Myself and Others: Becoming Independent - Safety <i>Personal Safety at home and online</i>	To write an email to a Social Media company explaining why it is important to invest more resources into online safety.	Week 6	Making Healthy Choices: Being Healthy – Food and Physical Activity <i>To understand how to maintain good physical health through food and activity.</i>	Put your plan into action: complete your project.	Week 6	Minding Myself and Others: Identity <i>To know the facts regarding sexuality, gender and stereotypes.</i>	To complete a quiz on the facts around Sexuality, Gender and Stereotypes.
Week 7			Week 7			Week 7		
Week 8	Understanding Myself and Others: Becoming Independent - Money <i>Managing money and budgeting</i>	To create a personal budget for at least one week, taking into account spending and other outgoings.	Week 8	Making Healthy Choices: Understanding Mental Health <i>To understand the importance of resilience and good mental health and to practise self-care strategies.</i>	Put your plan into action: complete your project.	Week 8	Minding Myself and Others: Managing Influences <i>To understand what peer pressure is and how to resist it.</i>	To create a speech to deliver to next year's Year 7s about how to resist peer pressure.
Week 9			Week 9			Week 9		
Week 10	Understanding Myself and Others: Citizenship <i>Understanding that we are all different but all equal.</i> Anti-Bullying Week 2023 (Make a Noise)	To create an Anti-Bullying week resource that could be used in school: a tweet, a campaign slogan, a speech etc.	Week 10	Making Healthy Choices: Understanding Mental Health <i>To understand the link between thoughts, feelings and actions and how to break a negative thought cycle.</i>	Reflect, evaluate and report. <i>All students who successfully complete their active citizenship project will be recognised and rewarded for their commitment and participation.</i>	Week 10	Minding Myself and Others: Negative Choices <i>To understand what commonly available unhealthy products can do to the body and the law around them (energy drinks and vapes)</i>	To create a resource to raise awareness of the dangers around energy drinks and vaping: a letter, slogan, tweet etc.
Week 11						Week 11		
Week 12	Understanding Myself and Others: Democracy <i>What democracy means and how our democratic processes work.</i>	To write a letter to your local MP about your views on youth engagement with the democratic process.				Week 12	Minding Myself and Others: Substance Use <i>To understand the laws around drugs and alcohol and the dangers of these both physically, socially and emotionally.</i>	To write a letter to the Department of Health on what the government should be doing to prevent substance misuse by young people.
Week 13						Week 13		
Week 14	Understanding Myself and Others: Active Citizenship	To research one community or volunteering project in your local				Week 14	Reflection: Looking Back, Looking Forward	To create an action plan for Year 8.

	<i>How to participate positively in society through commitment to your community and volunteering projects.</i> An introduction to the Active Citizenship Y7 Project.	area and create a report of what they do.					<i>To celebrate the success and achievements of the last year and set goals for Year 8!</i>	
Week 15								
Assessment			Assessment			Assessment		