



SPHE – Year 7 Long Term Mapping

Subject Intent/ Aims:

“I have come that they may have life, and have it to the full.” John 10:10

The SPHE programme at St Philip Howard reflects the core teachings of the Church that emphasise love as the foundation of human existence. It nurtures students to live life to the fullest by fostering an understanding that we are created to love and be loved. Year 7, SPHE lessons provide foundational knowledge and skills that support students transition to secondary school. These lessons help students understand and manage their emotions, develop healthy relationships, and make informed decisions about their health and wellbeing. They also introduce essential topics such as personal safety, diversity, and financial literacy, fostering a sense of responsibility and respect for others. By addressing these key areas early SPHE empowers Year 7 students to navigate the complexities of adolescence with confidence and resilience, laying the groundwork for their future success and happiness. Furthermore, these lessons foster personal growth, emotional wellbeing, and responsible citizenship, preparing students to face the challenges and opportunities of the modern world with confidence and resilience.

Advent 1: Health and Wellbeing Advent 2: Experiencing and valuing the wider world	Lent 1: Relationships Lent 2: Health and Wellbeing	Pentecost 1: Relationships Pentecost 2: Experiencing and valuing the wider world
<u>Key learning</u> Transition and safety Skills and aspirations	<u>Key learning</u> Diversity, prejudice and bullying Health and puberty	<u>Key learning</u> Building relationships Financial decision making



Key Content/knowledge	Key Content/ Knowledge)	Key Content/ Knowledge)
Advent 1: Health and Wellbeing	Lent 1: Relationships	Pentecost 1: Relationships
How do I cope with change?	What is prejudice?	What is self-worth?
<ul style="list-style-type: none"> To understand the nature of expected and unexpected change. ♥ To consider the challenges of transitioning to secondary school and how to manage this ✎ To know how to forge and manage new friendships 	<ul style="list-style-type: none"> To understand what diversity and Prejudice are. ♥ To consider how prejudice can be harmful ✎ To respect the Dignity of everybody we meet 	<ul style="list-style-type: none"> To understand what self-worth is ♥ To consider how we can improve our self-worth ✎ To recognise a healthy relationship
How can I stay safe?	How can bullying affect you?	What is a healthy relationship?
<ul style="list-style-type: none"> To understand how to maintain personal travel safety ♥ To consider what risky behavior is. ✎ To be able to respond in an emergency. 	<ul style="list-style-type: none"> To understand the different types of bullying ♥ To know why people bully and how bullying can affect people ✎ To know what to do if I witness bullying or I am bullied at SPH 	<ul style="list-style-type: none"> To know what an un-healthy relationship looks like ♥ To be able to identify the characteristics of an un-healthy relationship ✎ To know where to seek help if I need it
What is a protected characteristic?	What is cyberbullying?	What is consent?
<ul style="list-style-type: none"> To understand what the 9 protected characteristics are ♥ To explain how prejudice and discrimination can be harmful ✎ To know what sort of words are offensive and not acceptable at SPH. 	<ul style="list-style-type: none"> To understand what cyberbullying is ♥ To recognise examples of cyber bullying ✎ To know how to prevent, stop and report cyberbullying. 	<ul style="list-style-type: none"> To understand what consent is ♥ To be able to identify signs of consent and when somebody does not consent ✎ To know how to seek consent
What makes a good role model?	Lent 2: Health and Wellbeing	Pentecost 2: Experiencing and valuing the wider world
	Why is sleep important?	What is the economy?
	<ul style="list-style-type: none"> To understand why sleep and good sleep 	



<ul style="list-style-type: none"> To understand what Misogyny is ♥ To know where misogyny comes from. ✎ To be able to identify a positive role model 	<p>routines are important</p> <ul style="list-style-type: none"> ♥ To know the causes and effects of poor sleep routines. ✎ To know how to improve the quality of my sleep 	<ul style="list-style-type: none"> To understand is meant by the term economy ♥ To know what can boost or decline the economy ✎ To reflect on how the economy has an impact on our lives
<p>Advent 2: Experiencing and valuing the wider world</p>	<p>What happens during puberty?</p>	<p>What is consumerism?</p>
<p>What is a career?</p>	<ul style="list-style-type: none"> To understand what puberty is ♥ To know the changes our bodies, go through during puberty ✎ To be able to care for ourselves, physically and emotionally during puberty 	<ul style="list-style-type: none"> To understand what capitalism and consumerism is ♥ To be able to explain the impact of consumerism ✎ To know how we can be sustainable consumers
<ul style="list-style-type: none"> To understand different work roles and careers ♥ To consider gender stereotypes in careers ✎ To reflect on own ideas about whether certain careers are more suitable for one gender than another 	<p>How might the health and rights of individuals be affected?</p>	<p>How do I manage my money?</p>
<p>How can I be an entrepreneur?</p>	<ul style="list-style-type: none"> To understand what Female Genital Mutilation (FGM) is ♥ To be able to identify how somebodies' health and rights might be affected by FGM ✎ To consider ways we can raise awareness 	<ul style="list-style-type: none"> To know some key financial terms ♥ To consider what we spend money on. ✎ To be able to consider the importance of a bank account for young people
<p>What does it mean to have aspirations?</p>	<p>Why do we pay tax?</p>	<ul style="list-style-type: none"> To understand what the HMRC is ♥ To be able to explain what the HMRC do and why we pay tax ✎ To reflect on the benefits of paying tax on
<ul style="list-style-type: none"> To know what 'raising aspirations means' 		



<p>♥ To consider why it is important to aspire.</p> <p>✎ To consider our own personal values and link to possible future careers.</p> <p>How do I learn?</p> <ul style="list-style-type: none"> To understand our own personal strengths and weaknesses <p>♥ To be able to explain how our memory works</p> <p>✎ To consider the best way for me to learn</p>		the economy
<p><u>POS refs</u></p> <p>H1, H2, H30, H33, R13, L1, L2 R15, R39, L1, L4, L5, L9, L10, L12</p>	<p><u>POS refs</u></p> <p>R3, R38, R39, R40, R41 H5, H13, H14, H15, H16, H17, H18, H20, H22, H34</p>	<p><u>POS refs</u></p> <p>H1, R2, R9, R11, R13, R14, R16, R24 H32, L15, L16, L17, L18</p>



<u>Advent</u>	<u>Lent</u>	<u>Pentecost</u>
<u>Key concepts:</u> Protected characteristics Prejudice Discrimination Misogyny Stereotype Entrepreneur Raising aspirations	<u>Key Concepts</u> Diversity Bullying Cyber bullying Puberty	<u>Key Concepts</u> Self-worth Consent Economy Consumerism HMRC Tax
<u>HO Knowledge</u> Students are encouraged to think critically and reflect deeply on a variety of personal, social, and health-related topics. At this level, students begin to analyse the impact of their actions on themselves and others, understand the complexities of peer relationships, and evaluate the consequences of different choices. They explore themes such as empathy, consent, and digital citizenship, learning to apply these concepts in practical scenarios. This approach helps students to develop problem-solving skills, make informed decisions, and cultivate a sense of responsibility and ethical awareness, laying the groundwork for their growth as thoughtful and engaged individuals.		



HO Composites

1. How can adapting to new environments and routines contribute to personal growth during the transition to secondary school?
2. What are the challenges and opportunities of forming new friendships in secondary school?
3. How does effective time management and organisation impact your academic and personal life?
4. How can you assess and respond to potential safety risks both in and outside of school?
5. What are the various forms of discrimination that can occur in school and in the community, and how can you effectively address and challenge these behaviors?
6. How can promoting an inclusive environment in school contribute to the wellbeing of all students?
7. How do your personal interests, strengths, and values influence your career choices, and what steps can you take now to prepare for your future career?
8. What strategies can you use to overcome barriers and challenges in achieving your

HO Composites

1. How can embracing diversity in a school setting enhance the learning environment and personal growth?
2. What are the root causes of prejudice, and how can individuals and communities work together to challenge and overcome prejudiced attitudes and behaviors?
3. What are the short-term and long-term impacts of bullying on both the victim and the perpetrator,
4. How do healthy routines, such as regular exercise, balanced diet, and adequate sleep, influence your overall well-being and academic performance?
5. What are the various factors that influence your health, both positively and negatively, and how can you make informed choices to promote your well-being?
6. How can understanding the physical and emotional changes of puberty help you navigate this stage of life with confidence and self-awareness?
7. What constitutes unwanted contact, and what

HO Composites

1. How does one's sense of self-worth influence the quality and dynamics of their romantic relationships and friendships?
2. In what ways can maintaining healthy friendships and online interactions support or hinder one's romantic relationships and self-worth?
1. How can individuals navigate relationship boundaries in romantic and platonic relationships to preserve their self-worth in the digital age?
2. How can setting financial boundaries influence one's sense of self-worth?
3. How do different approaches to saving, borrowing, and budgeting effect on our own personal wellbeing
4. Why is it important to have financial independence?



<p>aspirations</p>	<p>steps can you take to protect yourself and others from it?</p> <p>8. What is Female Genital Mutilation (FGM), and how does it affect the health and rights of individuals? Discuss ways to raise awareness and prevent FGM in communities.</p>	
<p style="text-align: center;"><u>Composite Skills</u></p> <ul style="list-style-type: none"> • Building Self-Esteem and Positive Relationships • Setting and Respecting Boundaries • Basic Financial Literacy: Budgeting and Saving • Effective Communication and Conflict Resolution 		
<p style="text-align: center;"><u>Assessment/s (Formative and Summative):</u></p> <ul style="list-style-type: none"> • Key Concept tasks • RRR tasks at the start of each lesson • Discussion tasks/Think Pair Share • Tiered questioning • Synoptic quizzes to be completed regularly 		



Literacy/Numeracy/Cross Curricular links

Literacy

- Use articles, stories, and case studies related to PSHE topics
- Teach students to structure arguments and express their thoughts clearly through persuasive writing exercises on PSHE-related issues.

Numeracy

- Use real-life scenarios to teach concepts like interest rates, loans, and investments, helping students make informed financial decisions.

Science:

- Human anatomy, puberty, and reproductive health.
- Mental health topics through a scientific approach, discussing the physiological effects of stress and strategies for well-being.

History:

- Historical events and figures in the context of social justice, human rights, and ethical decision-making.

ICT

- Digital literacy and online safety, focusing on responsible internet use and the impact of social media.

SMSC/BV

- **Reflection Activities:** Pupils are encouraged to reflect on their personal beliefs, values, and experiences.
- **Ethical Dilemmas:** Pupils will consider different moral dilemmas related to real-life situations
- **Celebration of Diversity:** Pupils will understand the 9 protected characteristics and learn to value the diversity in our society
- **Democracy Rule of Law:** Pupils will have a sound understanding of these concepts as well as the different types of law
- **Mutual Respect** All lessons will promote mutual respect and those in our local and wider communities
- **Conflict Resolution:** Pupils will learn different ways of resolving conflicts respectfully and understanding different viewpoints



Adaptive strategies

- Differentiated Instruction
- Use of Technology
- Scaffolded Learning
- Regular Check-ins
- Flexible Grouping
- Parental and Community Involvement
- Role-Play Scenarios



St Philip Howard Catholic Voluntary Academy



Department Planning 2024



**St Ralph
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Catholic Multi Academy Trust



ST. PHILIP HOWARD
CATHOLIC VOLUNTARY ACADEMY