

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

Subject	Year	Term								
PSHCE	7	2								
Topic										
Unhealthy Choices; The Changing Adolescent Body										
Content (Intent)										
Prior Learning (Topic)	A Happy School; Respectful Relationships; Careers: Work, Money and Aspirations									
- The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood - The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so - Key facts about puberty, the changing adolescent body and menstrual wellbeing										
Assembly Topics:										
Road safety- Cheshire Police; careers and literacy- Chester Race Company; Easter celebration										
Future Learning (Topic)	Mental Wellbeing; Emotional Wellbeing and Digital Life									
What Knowledge and Skills will be taught (Implementation)	How will your understanding be assessed & recorded (Impact)									
Knowledge - The risks and effects of caffeine – energy drinks - Alcohol and tobacco education – why young people smoke, vape and drink alcohol - Why young people use other nicotine products (Snuss) - The health risks associated with alcohol, smoking and vaping & the benefits of quitting - Puberty: The changing body and emotional changes - Menstrual wellbeing - Health concerns related to the reproductive system: awareness of endometriosis, PCOS and testicular conditions	Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities and self-reflection summative assessments to establish ASK (attributes, skills & factual knowledge) developed. The impact of the PSHCE curriculum will be reported on twice a year as part of the Report cycle, through Learning Habits descriptors. Student feedback will be collated by Year Leaders following the PSHCE Day in November, via student voice quality assurance, the School Council and through an annual PSHCE questionnaire.									
Skills - Making informed choices - Developing debating skills - Expressing opinions - Recognising physical changes to bodies										
How can parents help at home?										
- Attend and engage with Year 7 Parents’ evening - Read and review Term 2 Report - Encourage your child to engage with wider school activities (see SBS)										
Helpful further reading/discussion (including Reading and Vocabulary Lists)										
Reading Accelerated Reader Programme <u>Drug, Alcohol, Tobacco</u> <u>Puberty</u>	Vocabulary Lists <table><tr><td>Puberty</td><td>Adolescent</td></tr><tr><td>Menstruation</td><td>Addiction</td></tr><tr><td>Hygiene</td><td>Nicotine</td></tr><tr><td>Acne</td><td>Carbon Monoxide</td></tr></table>		Puberty	Adolescent	Menstruation	Addiction	Hygiene	Nicotine	Acne	Carbon Monoxide
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