

Continuity Curriculum

An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning

Year 7 - PSCE

Block 1 booklet: [Y7 Block 1 Booklet.pdf](#)

Block 2 booklet: [Y7 Block 2 Booklet.pdf](#)

	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions?
Block 1	Lesson 1: Sharing perspectives, respecting differences (S)	To listen and respond respectfully to a wide range of people, including those whose traditions, beliefs and lifestyles are different to their own.	7.01 Lesson 1 - Sharing perspectives, respecting differences.pptx	Read through the power point and complete the activities in the booklet
	Lesson 2: Factors affecting different relationships. mental and emotional health	To identify when relationship behaviours are unsafe or inappropriate and respond accordingly.	7.01 Lesson 2 - Factors affecting relationships, mental emotional health.pptx	Read through the power point and complete the activities in the booklet
	Lesson 3: Risky behaviour	To identify examples of risk-taking behaviour and explore alternatives.	7.01 Lesson 3 - Risky behaviour.pptx	Read through the power point and complete the activities in the booklet
	Lesson 4: Healthy balance: vaccinations	To identify healthy and unhealthy habits in own life;	7.02 Lesson 4 Balance and responsibility.pptx	Read through the power point and complete the activities in the booklet

	Lesson 5: Qualities in positive relationships Values in relationships	To identify opportunities and approaches to promote inclusion; identify opportunities and approaches to tackling discrimination;	7.02 Lesson 5 Qualities and behaviours.pptx	Read through the power point and complete the activities in the booklet
	Lesson 6: Family roles and responsibilities	To identify what parental love, support and guidance, and rules and boundaries look like in in their own household;	7.02 Lesson 6 Familial roles and responsibilities.pptx	Read through the power point and complete the activities in the booklet
	Lesson 7: Mental health stigma	To identify when language around mental health can be damaging.	7.03 Lesson 7 Representations of mental health.pptx	Read through the power point and complete the activities in the booklet
	Lesson 8: Media and self-image	To interrogate images to identify when filtering software has been used;	7.03 Lesson 8 Media and self-image.pptx	Read through the power point and complete the activities in the booklet
	Lesson 9: Media representations of relationships	Explore how representations of relationships in the media may have affected what they expect of their own relationships.	7.03 Lesson 9 - Media representations of relationships.pptx	Read through the power point and complete the activities in the booklet
	Lesson 10: Responding when things go wrong online	To decide how to “use [your] voice” when things go wrong online, including in less straightforward situations (i.e. when it is not necessarily right/wrong, but they feel that something is not right).	7.03 Lesson 10 - Responding when things go wrong online.pptx	Read through the power point and complete the activities in the booklet
	Lesson 11: Presenting self online	To respond appropriately to inappropriate content, and requests to share/forward inappropriate content.	7.04 Lesson 11 - Presenting self online.pptx	Read through the power point and complete the activities in the booklet

	Lesson 12: Sharing images	To respond appropriately to requests for the sharing of indecent images.	7.04 Lesson 12 - Sharing images.pptx	Read through the power point and complete the activities in the booklet
Block 2	Lesson 13: Reducing risk online	Learn how to identify risk and manage personal safety in increasingly independent situations online, by:	7.04 Lesson 13 - Reducing risk online.pptx	Read through the power point and complete the activities in the booklet
	Lesson 14: Managing personal safety and establishing personal values and clear boundaries	To learn how to respond appropriately to inappropriate content and requests to share/forward inappropriate content.	7.04 Lesson 14 - Managing personal safety.pptx	Read through the power point and complete the activities in the booklet
	Lesson 15: First aid and common injuries	To learn how to apply basic techniques for dealing with common injuries, including cuts and scrapes, sprains and strains, burns, nose bleeds, insect bites and stings, debris in the eye.	7.04 Lesson 15 - First aid and common injuries.pptx	Read through the power point and complete the activities in the booklet
	Lesson 16: What is FGM?	To learn what FGM is and get help if you or someone you know is at risk.	7.05 Lesson 16 - What is FGM.pptx	Read through the power point and complete the activities in the booklet
	Lesson 17: Peer influence and consent	To assess how healthy your own peer relationships are.	7.05 Lesson 17 - Peer influence and consent.pptx	Read through the power point and complete the activities in the booklet
	Lesson 18: Triggers for unhealthy coping strategies	To identify any healthy and unhealthy coping strategies	7.05 Lesson 18 - Triggers for unhealthy coping strategies.pptx	Read through the power point and complete the activities in the booklet
	Lesson 19: Strategies to manage puberty	To understand and manage the physical and mental changes of growing up, including puberty and menstruation.	7.05 Lesson 19 - Strategies to manage puberty.pptx	Read through the power point and complete the activities in the booklet

	Lesson 20: Gender and sexuality (W)	To understand that everyone has the right to feel safe and respected.	7.05 Lesson 20 - Gender and sexuality.pptx	Read through the power point and complete the activities in the booklet
	Lesson 21: Recognising bullying	To tell the difference between bullying and unkindness.	7.05 Lesson 21 - Recognising bullying.pptx	Read through the power point and complete the activities in the booklet
	Lesson 22: Taking responsibility for physical health	To identify ways to maintain personal hygiene, as well as any personal barriers	7.06 Lesson 22 - Resp for phys health.pptx	Read through the power point and complete the activities in the booklet
	Lesson 23: A balanced diet: part of a healthy lifestyle	To understand what a healthy diet is and why it is important to maintain it	7.06 Lesson 23 - A balanced diet.pptx	Read through the power point and complete the activities in the booklet
	Lesson 24: Positive and negative uses of drugs	To understand how drugs could support them or others throughout their lives, and the negative use of drugs	7.06 Lesson 24 - Positive and negative uses of drugs.pptx	Read through the power point and complete the activities in the booklet