

PSHE YEAR 7 LONG TERM PLAN

CYCLE	VALUES		L4L (60 MINUTES)	SIKH STUDIES (60 MINUTES)	Tutor Time 1 (20 MINUTES)	Tutor Time 2 (20 MINUTES)	Tutor Time 3(20 MINUTES)	Tutor Time 4 (20 MINUTES)	Assembly 1	Assembly 2	Drop Down AM/PM
			RSE/PSHE - (DfE Statutory wording)		PD1 PSHE	PD2 PSHE	PD3 CEIAG	PD4 Spiritual			
1	DAYA - TOLERANCE	DAYA - Compassion: Reflectiveness	That there are different types of committed, stable relationships	Introduction to Sikhi and the values Sikhs believe in and the life of Guru Nanak Sakhi	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)	Covid 19 and Lockdown - how we dealt with it / experiences	Covid 19 and Lockdown - how we dealt with it / experiences			
2		DAYA - Compassion: Equality	How these relationships might contribute to human happiness and their importance for bringing up children	Guru Nanak's mission and udasis and Critically evaluate three pillars of Sikhism	Understanding resilience	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)	How to talk about their emotions accurately and sensitively, using appropriate vocabulary (DfE- Mental wellbeing)			
3		DAYA- Compassion: Humility	What marriage is", including its legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony	Introduction to Japji Sahib Structure and meaning of mool mantra and Overview of Stanza 1-4 of Japji Sahib	That happiness is linked to being connected to others (DfE) - Self esteem	That happiness is linked to being connected to others (DfE) - Self esteem and Confidene					
4		DAYA- Compassion: Listening/ Forgiveness	The roles and responsibilities of parents with respect to the raising of children, including the characteristics of successful parenting	Guru Nanak's contribution in uplifting women's status	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access	How to recognise the early signs of mental wellbeing concerns (DfE) - KS3 H6: causes / triggers for unhealthy coping strategies: selfharm and eating disorders; recognising when they or others need help, sources of help / strategies for access			
5		DHARAM- Service: Virtue	How to: determine whether other children, adults or sources of information are trustworthy; judge when a family, friend, intimate or other relationship is unsafe (and to recognise this in others' relationships); and, how to seek help or advice, including reporting concerns about others, if needed	Introduction to 31 raag Importance of Raag and Shabad, role of Bhai Mardana Ji Origin and features of Rabab	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics (DfE)	About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics (DfE) - KS3 H9: Ways / importance of taking increased responsibility own physical health and personal hygiene	STEP UP - TASK A: Changes (Exercise A1-2) Learning outcomes: You can identify the changes you have experienced and the skills you have developed so far.	Role of Raag in Gurbani Singing. How do Raags affect our mood and create a spiritual environment.			

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6	DHARAM - DEMOCRACY	DHARAM- Service: Planning	The characteristics of positive and healthy friendships (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationship	Understanding meaning of a Shabad from Guru Nanak's Bani and role of Rababis in Kirtan tradition Who are Rababis and their style of Kirtan	About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist** (DfE)	The facts and science relating to immunization and vaccination (DfE)	STEP UP - TASK B: What have you achieved? (Exercise B1) Learning outcomes: You can reflect on your achievements and how these can be used to produce evidence of skills and experiences. You recognise the value of a variety of achievements both in and out of school.	Guru Nanak's Spiritual teachings.Referencing quotes from Sri Guru Granth Sahib to reflect on his teachings & upliftment of humanity.			
7		DHARAM - Service: Leadership	Practical steps they can take in a range of different contexts to improve or support respectful relationships	Origin and development of string instrument Sarangi Features of Sarangi	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn (DfE)	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn (DfE)	STEP UP - TASK C: Who can help? (Exercise C1-2) Learning outcomes: You can identify individuals who you can access for help and support.	Understanding the Law of consequences.Referencing quotes from Guru Granth Sahib ji to illustrate the concept.			
8		DHARAM - Service: Responsibility	How stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice)	Guru Angad Dev Ji's Family Early Life Sakhi	The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress (DfE) - KS3 H5: mental and emotional health, strategies for managing it; range of healthy coping strategies studied	Gender Equality	STEP UP - TASK D: What influences me? (Exercise D1-2) Learning outcomes: You identify that decisions may be influenced by the views of others.	Spiritual teachings of Guru Angad Dev Ji. Referencing quotes from Gurbani for indepth understanding of his teachings and spiritual messages.			
9		PYAAR- Love: Family/ Friendship	That in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs	Introduction to Gurmukhi Role and relevance of Gurmukhi then and now Guru Angad Dev Ji's Bani and structure	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. (DfE) - KS3 H15: importance of and strategies: maintaining balance between work, leisure and exercise	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE)	STEP UP- TASK E: Roles that I think are successful (Exercise E1) Learning outcomes: You can identify what you consider to be a successful career.				

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10	PYAAR - MUTUAL RESPECT	PYAAR- Love: Equality/ Respect	About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders to report bullying and how and where to get help	History of Khadoor Sahib Importance placed on health and fitness by Guru Angad Dev Ji	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE) - KS3 H16: what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting)	Gender Equality	STEP UP - TASK F: What are you like? (Exercise F1-3) Learning outcomes: You can identify your personal qualities and give evidence for these. You have the opportunity to give and receive feedback on personal qualities..				
11		PYAAR- Love: Community	Their rights, responsibilities and opportunities online, including that the same expectations of behaviour apply in all contexts, including online	Overview of Stanza 5-8 of Japji Sahib	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE) -KS3 H16: what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting)	How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer (DfE) - KS3 H17: what might influence their decisions about eating a balanced diet	STEP UP - TASK G: Skills for life (Exercise G1-3) Learning outcomes: You are able to identify some of the skills that are useful in different life roles. You will have an increased understanding of what skills employers are looking for and appreciation that these can be developed in everyday activities				
12	HIMMAT -	HIMMAT- Courage: Steadfast / Risk Taking	About online risks, including that any material someone provides to another has the potential to be shared online and the difficulty of removing potentially compromising material placed online	Baani by Bhagats; Bhagat Pipa Ji and Farid Ji Bani by Bhatts	The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions (DfE) -KS3 H25: facts about legal / illegal substances, alcohol (including current government recommendations), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha, cannabis	The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions (DfE)	STEP UP - TASK H: How do you learn? (Exercise H1-2) Learning outcomes: You can recognise that individuals learn in different ways and identify your own preferred learning style.				
13		HIMMAT- Courage: Enthusiasm	Not to provide material to others that they would not want shared further and not to share personal material which is sent to them	History of 3 Sikh Takhts	The law relating to the supply and possession of illegal substances (DfE)	The law relating to the supply and possession of illegal substances (DfE) - County Lines	STEP UP - TASK I: This is me (Exercise I1) Learning outcomes: You can record and present information about yourself, including strengths, likes, interests and future hopes.				

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14		HIMMAT- Courage: Hard Working	What to do and where to get support to report material or manage issues online*	Discuss the History of Nankana Sahib & other Historical Gurdwaras outside IndiaMartyrdom of Bhai Mani Singh Martyrdom of Bhai Sati Das	The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood (DfE)	The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood (DfE) - KS3 H28: personal / social risks / consequences of substance use and misuse, including benefits of not drinking / not smoking / not harming others with second-hand smoke	STEP UP - TASK J: What is work? (Exercise J1) Learning outcomes: You understand what is meant by work, and contribution and value of all types of work, paid and unpaid.. National Careers week				
15		CHARDI KALA - Resilience: Initiative	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online	Life and contributions Sikh Women's: Bibi Bhani Ji,Bibi Amro,Bibi Nanaki	The physical and psychological consequences of addiction, including alcohol dependency (DfE) -	Awareness of the dangers of drugs which are prescribed but still present serious health risks (DfE)	STEP UP - TASK K: Using the Careers Library / Learning Resource Centre (K1-4) Learning outcomes: You are aware of the careers library/learning resource centre and how to use it.				

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16	CHARDI KALA	CHARDI KALA - Resilience: Optimistic	The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships (including social media), the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online - KS3 H18: how media presents young people; recognising impact on body image and	Early life and family Role in uplifting the status of women Introduction to concept of sewa and the 3 different types (tan, man, dhan) Recap Examples of Sewa from the lives of Guru Nanak Dev - Guru Amar Das Ji What Gurbani says about Seva	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 (DfE)	Key facts about puberty, the changing adolescent body and menstrual wellbeing (DfE)	STEP UP - TASK L: Changes in the World of Work (Exercise L1-2) Learning outcomes: Increases understanding of the speed of change in the world of work and implications for your everyday life.				
17		CHARDI KALA - Resilience: Innovation / self Improving	The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. - KS3 H15: importance of and strategies: maintaining balance between work, leisure and exercise	Revise three different types of sewa Explore the link between sewa and dharam Understand how the principles of sewa and dharam are being implemented by local/national/ international Sikh charities.	Key facts about puberty, the changing adolescent body and menstrual wellbeing (DfE)	Key facts about puberty, the changing adolescent body and menstrual wellbeing (DfE) -"KS3 H7: Managing growth / change as normal aspect of growing up (consolidation and reinforcement of Key Stage 2 learning for puberty, human reproduction, pregnancy / physical / emotional change in adolescence)"	STEP UP - TASK M: How creative are you? (Exercise M1-3) Learning outcomes: You can list reasons why creativity is an important skill for school and work, and have opportunity to demonstrate creativity.				
18	SANTOKH - INDIVIDUAL LIBERTY	SANTOKH - Altruism: Thankful / Acceptance	eating and the links between a poor diet and health risks, including tooth decay and cancer - KS3 H16: what constitutes a balanced diet How to maintain healthy	Understand structure and concept of Anand Sahib Description of Raag Raamkali (keys notes and structure) Understanding R	Key facts about puberty, the changing adolescent body and menstrual wellbeing (DfE) -"KS3 H7: Managing growth / change as normal aspect	The main changes which take place in males and females, and the implications for emotional and physical health (DfE)	STEP UP - TASK N: Setting targets (Exercise N1-2) Learning outcomes: You are able to set short and long term targets for yourself				
19		SANTOKH - Altruism: Contentment / Independence	eating and the links between a poor diet and health risks, including tooth decay and cancer - KS3 H17: what might influence their decisions	Guru Ram Das Ji, Early life Sakhi Development of Amritsar city and Harimandir Sahib	British Values	British Values	STEP UP - TASK O: Review my learning (Exercise O1) Learning outcomes: You can see how you benefit from learning about careers, employability and				

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Week 39	SAT - RULE OF LAW	SAT- Truth: Honesty, Justice, Fairness,Citizenship	How to talk about their emotions accurately and sensitively, using appropriate vocabulary - KS3 H2: personal qualities, attitudes, skills and achievements are evaluated by others, affecting confidence and self-esteem	Understand concept of Ardaas Learn Ardaas part 1 Understand purpose of Ardaas Learn Ardaas part 2 Understand purpose of Ardaas Learn Ardaas part 3	British Values	British Values	STEP UP - TASK P: Look ahead (Exercise P1) Learning outcomes: You can see how you benefit from learning about careers, employability and enterprise.				

PD CURRICULUM

BRITISH & SIKH VALUES
PSHE
RSE
CEIAG
SIKH STUDIES
EMERGING NEEDS
SMSC