

PSHE Year 7

Learning Intentions Half Term 5 2024-2025

Our half term 5 unit (learning): **Growing and Changing: Understanding Ourselves and Others**

Our half term 5 theme (concepts): Life beyond school.

What should students know / understand by the end of each lesson?

Week	LIs
Week 28 wc 21 st April	Lesson 1: Puberty, Emotions and Relationships (based on MEDWAY resources found on PSHE Association) Learning Intentions: <ul style="list-style-type: none">• I can identify key changes during puberty.• I understand how puberty may impact my feelings and behaviour.• I can describe how changes during puberty might affect friendships and family relationships.• I know where to seek support if I have questions or worries about growing up.
Week 29 wc 28 th April	Lesson 2: Online Safety and Social Media Learning Intentions: <ul style="list-style-type: none">• I understand how to stay safe online and use digital devices responsibly.• I can explain how social media use might affect mental health and relationships.• I know what to do and who to talk to if I see or experience something unsafe online.
Week 30 wc 5 th May	Lesson 3: Transitions and Change Learning Intentions: <ul style="list-style-type: none">• I can identify common challenges people face during big life changes, like starting secondary school.• I can explain how change can affect emotions and mental wellbeing.• I can explore and apply different strategies for coping with change and uncertainty.
Week 31 wc 12 th May	Lesson 4: Empathy, Caring and Responsibility Learning Intentions: <ul style="list-style-type: none">• I can explain what empathy means and why it matters in relationships.• I understand how my actions can affect others' feelings and wellbeing.• I can identify ways to show kindness, care and support to people around me.
Week 32 wc 19 th May	Lesson 5: Wellbeing and Resilience Learning Intentions: <ul style="list-style-type: none">• I can describe what personal wellbeing means and what affects it.• I can reflect on my own strengths and how they help me cope with challenges.• I can recognise helpful strategies for building resilience and maintaining positive mental health.