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# PSHCE / RE COURSE FOR YEAR 7 2025-26 SOW

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| **Week beginning** | **Content Broadly**  **PSHCE/RE lessons**  Dates are for guidance only, some topics may take longer so please feel free to go with what works for your group. Gaps in the plan allow for visitors/responding to contextual issues / extending work and assessments | **Content Broadly**  **PSHCE/RE Lesson 1 / Tutor Time**  If work is finished early etc please continue with Sutton Reads or use the debate generator in the staff shared drive Tutor Curriculum folder (please ensure the topic selected is age appropriate.)  Other appropriate websites : Form Time Ideas & Free Rice  All dates are approximate and for guidance only, some topics may take longer so please feel free to go with what works for your group. (There is no expectation for everyone to start a new booklet / topic on the date indicted apart from the “advent lesson” which needs to be delivered before Christmas) |
| **NB: British Values should be referred to throughout all lessons** | | |
| 1.9.25 | 7.1 Health and wellbeing introduction | Why do we have religious festival? |
| 8.9.25 | Stinky Bob | What do all religious festivals have in common? |
| 15.9.25 | Personal Hygiene, oral health and preventing infections | How are Eid ul Fitr and Ramadan celebrated and why? |
| 22.9.25 | What is mental health? | What is Lent all about and what are the origins of Pancake Day? |
| 29.9.25 | Why are kindness and empathy so  important? | How did Buddah become the Buddah? |
| 6.10.25 | How can we build resilience when life throws us challenges? | Who is Ganesh and what is the festival of Ganesh Chaturthi? |
| 13.10.25 | Life online – how can we make the internet safer? | Why and how do Jews celebrate their most important festivals? |
| **20.10.25 & 27.10.25 Half Term School closes Friday 17thth October, school opens Monday 3rd November** | | |
| 3.11.25 | 7.2 What do we need to know about periods (menstruation)? | HT2 Christianity – what’s it all about? |
| 10.11.25 | What do we need to know about boys’ puberty? | Why are there so many denominations of Christians? |
| 17.11.25 | What is FGM and what do we need to know about it? | What is the Trinity in Christianity? |
| 24.11.25 | How can being grateful help our mental health? | Where do religious morals come from? |
| 1.12.25 | What are illegal drugs and what harm can they do? | How and why is Easter celebrated? / Easter food tasting |
| 8.12.25 | 7.3 Healthy relationships introduction: What are healthy relationships? | Jesus – what do we know about him and why is he so important? |
| 15.12.25 | What is trust and why is it important in any relationship? | Advent – what is this and how is it celebrated? Ensure this lesson is delivered before Christmas! |
| **22.12.25 & 29.12.25 Christmas Holiday School closes Friday 19th October, school opens Monday 5th January** | | |
| 5.1.26 | Maintaining great friendships and avoiding fall-outs | HT3 What are the 6 main world religions and how do we identify them? |
| 12.1.26 | Anti-bullying – how can we reach out to support victims and stop bullies? | What are traditions and beliefs? |
| 19.1.26 | How can we navigate peer influence and peer pressure? | Does God exist? |
| 26.1.26 | How do we recognise the signs of online grooming? | Why do people go on religious pilgrimages? |
| 2.2.26 | 7.4 Why are families and long-term stable relationships important? | World religions: Who are the different religious leaders? |
| 9.2.26 | Falling in love, romance and new feelings | Why did Christianity break up into different groups? |
| **Half Term School closes Friday 13th February, school opens Monday 23.2.26** | | |
| 23.2.26 | What is marriage and why must it be freely entered into? | HT4 What was so special about Guru Nanak? |
| 2.3.26 | Why is it important to treat others with respect? | What are the 5K’s and why was the Khalsa formed? |
| 9.3.26 | Why do we need self-esteem and how can we build it up? | What is the history behind the Golden Temple? |
| 16.3.26 | What is stereotyping and why do we do this? | How have Sikhs contributed to Britain? |
| 23.3.26 |  | Why do people celebrate a “festival of lights?” |
| **Easter School closes Friday 27th March, school opens Monday 13th April** | | |
| 13.4.26 | 7.5 What are the harms caused by vaping? | HT4 & 5 Step Up careers booklet (several weeks of work) |
| 20.4.26 | What’s the big deal with energy drinks? |  |
| 27.4.26 | Law and the courts 1 |  |
| 4.5.26 | Law and the courts 2 |  |
| 11.5.26 | Law and the courts 3 |  |
| 18.5.26 |  |  |
| **Half Term School closes Friday 22nd May, school opens Monday 1st June** | | |
| 1.6.26 | 7.6 Personal development and target setting |  |
| 8.6.26 | Wants needs and priorities |  |
| 15.6.26 | Media literacy |  |
| 22.6.26 | Racism introduction |  |
| 29.6.26 | Protected characteristics |  |
| 6.7.26 | Careers, skills and qualities |  |
| 13.7.26 |  |  |
| 20.7.26 |  |  |
| 27.7.27 Last day |  |  |
| School closes Monday 27th July | | |

\*All visitors need confirming

Possible Extras : Elections / Make your Mark (Youth Parliament), Road Safety (VIA) etc

The PSHCE department will respond and react to any school / community issues that arise and adapt lessons accordingly.

PSHCE/Year 7 overall plan 2025-26