



QPHS Year 7 - PSHCE Curriculum Map

Half term	Title	Unit summary	Assessment
1	Transition, Independence & Aspirations (Booklet 1)	<ul style="list-style-type: none"> • Personal identity and values • Skills to support learning • Respect • Feelings and emotions 	Ipsative Assessment is used in PSHCE. This assessment method focuses on students assessing their own personal progress and growth against a set of I can statements.
2	Autonomy & Advocacy (Booklet 2)	<ul style="list-style-type: none"> • Making and maintaining friendships including friendship challenges and regulating emotions • Identifying and challenging bullying including online • Communicating online / social media 	Ipsative Assessment is used in PSHCE. This assessment method focuses on students assessing their own personal progress and growth against a set of I can statements.
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4	Choices & Influences (Booklet 3)	<ul style="list-style-type: none"> • Diet and exercise • Hygiene and dental health • Sleep 	Ipsative Assessment is used in PSHCE. This assessment method focuses on students assessing their own personal progress and growth against a set of I can statements.
5	RSHE Relationships, Sex, Health Education (Booklet 4)	<ul style="list-style-type: none"> • Puberty including menstrual wellbeing and managing change • Body satisfaction and self-concept • Relationship boundaries • Unwanted contact • Female Genital Mutilation 	Ipsative Assessment is used in PSHCE. This assessment method focuses on students assessing their own personal progress and growth against a set of I can statements.
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