

Achieve Higher

Year 7



Co-op Academy
Stoke-on-Trent

SUBJECT NAME: PSHE				
Half Term	Curriculum	Reading	Watching & Listening	Other Opportunities
Autumn Term	Relationships	<p>Read: Friends - Tips and advice</p> <p>Read: Two BBC Future articles about friendship - Why friendship makes us healthier - BBC Future and The myths and reality of modern friendship - BBC Future</p>	<p>Watch: Developing friendships - BBC Bitesize</p> <p>Listen: This episode of the BBC's Sideways podcast focuses why we make friends and how they influence the rest of our lives</p> <p>Watch: The Boy, the Mole, the Fox and the Horse - BBC iPlayer</p>	Attend at least two electives each week; taking part in something which interests you is a great way of finding like-minded people and making friends.
Spring Term	Health and Wellbeing	<p>Read: The Eatwell Guide</p> <p>Read: BBC guide to a balanced diet</p>	<p>Listen: The Just One Thing podcast from the BBC focuses each episode on one small thing you can do to improve your physical health</p> <p>Watch: Food and Nutrition for Good Health</p>	<p>Play the online game Pick Your Plate! A Global Guide to Nutrition to put your learning to the test</p> <p>Attend at least one sporting elective each week.</p>
Summer Term	Wider World	<p>Read: Your UK Parliament: The Essentials Guide</p> <p>Read: UK Politics for Life - an introduction to the political structures and parties in the UK political system.</p>	<p>Listen: How we got here, the UK Parliament podcast about how people turn big ideas into laws that shape a society.</p> <p>Watch: What is the House of Commons: A guide for secondary school students - Parliament UK Education</p>	<p>Take a 360 virtual online tour of the Houses of Parliament to see in more detail what both Houses are like</p> <p>Play the official Houses of Parliament online game, MP for a Week, to get a taste of what it's like to represent your constituency and deal with any challenges which arise.</p>