

Year 9 PSHE Curriculum Map Overview

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Peer influence, substance use and gangs (Health and Wellbeing)							
October Half Term 28 Oct – 1 Nov							
Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15	
Setting goals (Living in the Wider World)							
Christmas Holidays 23 Dec – 3 rd Jan							
Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22	
Respectful relationships (Relationships)							
February Half Term 24 Feb – 28 Feb							
Wk23	Wk24	Wk25	Wk26	Wk27	Wk28		
Healthy Lifestyle (Health and Wellbeing)							
Easter Holidays 14 Apr – 25 Apr							
Wk29	Wk30	Wk31	Wk32				
Intimate relationships (Relationships)							
May Half Term 26 May – 30 May							
Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39	
Employability skills (Living in the Wider World)							

Year 9 PSHE Curriculum Map Autumn 1

Wk1	Wk2	Wk3	Wk4	Wk5	Wk6	Wk7	Wk8
Peer influence, substance use and gangs (Health and Wellbeing)							

PoS Refs	Peer influence, substance use and gangs Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation	Resource Bank
H24, H25, H27, H28, H29, R1, R20, R37, R42, R44, R45, R46, R47	<ul style="list-style-type: none"> • how to distinguish between healthy and unhealthy friendships • how to assess risk and manage influences, including online • about 'group think' and how it affects behaviour • how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively • to manage risk in relation to gangs • about the legal and physical risks of carrying a knife • about positive social norms in relation to drug and alcohol use • about legal and health risks in relation to drug and alcohol use, including addiction and dependence 	<ul style="list-style-type: none"> • Medway Public Health – Gangs: Managing risks and staying safe • Every Mind Matters – Alcohol; One-to-one relationships PSHE Association – Drug and Alcohol Education • Home Office - Preventing Involvement in Serious and Organised Crime • Medway Public Health Directorate – Relationships and sex education • PSHE Association - Vaping lesson pack • Act for Youth: RUN HIDE TELL



Student Voice; Cross Curriculum (Science); Political Issues (Knife Crime);

Year 9 PSHE Curriculum Map Autumn 2

Wk9	Wk10	Wk11	Wk12	Wk13	Wk14	Wk15
Setting goals (Living in the Wider World)						

PoS Refs	Setting goals Learning strengths, career options and goal setting as part of the GCSE options process	Resource Bank
L2, L3, L6, L7, L8, L9, L11, L12, L13, L14	<ul style="list-style-type: none"> • about transferable skills, abilities and interests • how to demonstrate strengths • about different types of employment and career pathways • how to manage feelings relating to future employment • how to work towards aspirations and set meaningful, realistic goals for the future • about GCSE and post-16 options • skills for decision making 	<ul style="list-style-type: none"> • Environment Agency - Careers for change • PSHE Association – Developing learning skills



Student Voice; Cross Curriculum (Exploring Careers);
Personal Development (Strengths and Aspirations);

Year 9 PSHE Curriculum Map Spring 1

Wk16	Wk17	Wk18	Wk19	Wk20	Wk21	Wk22
<div style="border: 2px solid black; background-color: #f4a460; padding: 5px; display: inline-block;"> Respectful relationships (Relationships) </div>						

PoS Refs	Respectful relationships Families and parenting, healthy relationships, conflict resolution, and relationship changes	Resource Bank
H2, R6, R19, R21, R22, R23, R35, R36	<ul style="list-style-type: none"> • about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering • about positive relationships in the home and ways to reduce homelessness amongst young people • about conflict and its causes in different contexts, e.g. with family and friends • conflict resolution strategies • how to manage relationship and family changes, including relationship breakdown, separation and divorce • how to access support services 	<ul style="list-style-type: none"> • Coram Life Education – Adoptables Schools Toolkit • Home Office - Something's Not Right (abuse disclosure) • CRESST: Curious about conflict • University of Exeter – The Rights Idea? • Medway Public Health Directorate – Relationships and sex education • PSHE Association – Mental health and emotional wellbeing • PSHE Association – Committed relationships and family life



Student Voice;

Year 9 PSHE Curriculum Map Spring 2

Wk23	Wk24	Wk25	Wk26	Wk27	Wk28
<div style="border: 2px solid black; background-color: #92d050; padding: 5px; display: inline-block;"> Healthy Lifestyle (Health and Wellbeing) </div>					

PoS Refs	Healthy lifestyle Diet, exercise, lifestyle balance and healthy choices, and first aid	Resource Bank
H3, H14, H15, H16, H17, H18, H19, H21	<ul style="list-style-type: none"> • about the relationship between physical and mental health • about balancing work, leisure, exercise and sleep • how to make informed healthy eating choices • how to manage influences on body image • to make independent health choices • to take increased responsibility for physical health, including testicular self-examination 	<ul style="list-style-type: none"> • PSHE Association - Health Education: food choices, physical activity & balanced lifestyles • PSHE Association - The Sleep Factor • Every Mind Matters- Sleep • Every Mind Matters – Exam stress • Coppafeel! – Breast cancer awareness • AYPH - A fair and equal opportunity to be healthy • Canesten – The Truth, Undressed • Highgate School & NHS Barts – Testicular Health • PSHE Association – Body modifications



Student Voice; Personal Development (Peer Pressure and Body Image);
 External Visitor (NHS); Cross Curriculum (Healthy Me);
 Cross Curriculum (Science); Cross Curricular (DoE Wellness Walks);

Year 9 PSHE Curriculum Map Summer 1

Wk29	Wk30	Wk31	Wk32
Intimate relationships (Relationships)			

PoS Refs	Intimate relationships Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography	Resource Bank
R7, R8, R11, R12, R18, R24, R26, R27, R28, R29, R30, R31, R32, R33, R34, L21	<ul style="list-style-type: none"> • about readiness for sexual activity, the choice to delay sex, or enjoy intimacy without sex • about facts and misconceptions relating to consent • about the continuous right to withdraw consent and capacity to consent • about STIs, effective use of condoms and negotiating safer sex • about the consequences of unprotected sex, including pregnancy • how the portrayal of relationships in the media and pornography might affect expectations • how to assess and manage risks of sending, sharing or passing on sexual images • how to secure personal information online 	<ul style="list-style-type: none"> • PSHE Association - Consent lesson packs • Medway Public Health Directorate – Relationships and Sex Education • Home Office & GEO - Disrespect NoBody • BBFC- Making choices: sex, relationships and age ratings • Home Office - Something's Not Right (abuse disclosure) • You Before Two - The Fundamentals • NCA-CEOP – Respecting me, you, us • NSPCC Talk Relationships



Student Voice; Cross Curriculum (Science); External Visitor (NHS);
Safer Internet Day 11th February 2025;

Year 9 PSHE Curriculum Map Summer 2

Wk33	Wk34	Wk35	Wk36	Wk37	Wk38	Wk39
Employability skills (Living in the Wider World)						

PoS Refs	Employability skills	Employability and online presence	Resource Bank
R13, R14, L2, L4, L5, L8, L9, L14, L21, L24, L27	<ul style="list-style-type: none"> • about young people’s employment rights and responsibilities • skills for enterprise and employability • how to give and act upon constructive feedback • how to manage their ‘personal brand’ online • habits and strategies to support progress • how to identify and access support for concerns relating to life online 		<ul style="list-style-type: none"> • Cifas -Anti-Fraud Education • Bank of England – EconoME • PSHE Association - Careers Education lesson plans



Student Voice; Cross Curriculum (Careers);
British Values (Rule of Law); *Safer Internet Day 11th February 2025*;