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| * **What we are learning**: The topic or focus for the half term.
* **Key knowledge & skills**: What students should understand and be able to do.
* **How we assess learning**: knowledge checks, practical tasks, written responses and formal assessments.
* **Key words to know**: Vocabulary students will learn and use.
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**Curriculum Overview: Personal Development**

**Year group: 9**

**What your child will learn each half term**

This overview shows the key topics, skills, and knowledge your child will be learning in **Personal Development** across in **Year 9**. It helps families understand what’s being taught, how it builds on previous learning, and how you can support your child at home.

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| **Half term** | **What we are learning** | **Key knowledge and key skills** | **How we will assess learning in this unit** | **Key vocabulary for this unit** | **Key vocabulary for this unit** |
| Term 1- Autumn term 1 | **Key theme- Health and Wellbeing** 1.Introduction to Year 9 PSHE2. Importance of sleep 3.Reframing negative thinking 4.recognising mental ill-health and where to get help  | **Key knowledge** PSHE topics in year 9Building a positive rapport with teacher and studentsImportance of sleep and healthy routinesNegative thinking patterns and how these impact our response to disappointmentsStrategies to build resilience and reframe negative thinking. Mental health and support**Skills** Communication Teamwork Confidence Respect Resilience Reflective Self-awareness Making informed choices ResponsibilityUnderstanding Empathy Tolerance Diversity  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksReflection tasks Support Signposting  | Ice breakerSelf-esteem Resilience Trust Confidence Goal setting Growth mindset Values Relationships Friendship Safe Empathy SleepRest Biological clock Routine Sleep quality Sleep deprivation Insomnia Blue light | Caffeine Screen timeIrregular schedule Self- talk MindsetCognitive reframing Catastrophizing Overgeneralising Filtering Labelling Mental health RespectTolerance Physical Mental Emotional Wellbeing Discrimination  |
| Term 2- Autumn term 2 | **Key theme- Relationships** 5. Healthy and unhealthy relationships 6. Romantic relationships 7. Marriage 8. avoiding assumptions 9. sexual orientation and gender identity  | **Key knowledge** Features of a healthy relationship Communicating effectively Positive relationships Assessing readiness for intimacyLegal status of different types of relationships Marriage Consent Gender identities Sexual orientation **Skills** CommunicationEmpathy Confidence Respect Resilience Understanding Reflective Empathy  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksReflection tasks Support Signposting | RelationshipHealth Unhealthy Intimacy Vulnerability Boundaries Trust Jealousy Self-worth Compromise Communication Loyalty Share values Gaslighting Manipulation Abuse Controlling Vulnerability AttachmentCommitment Empathy Affection Security Emotional intimacy Communication Respect Honesty Support Attraction Boundaries Compromise Marriage Legal Illegal Forced marriage Arranged marriage Union Commitment  | Partnership VowsBondLegal contract Respect Love Civil union Presumption Inference Bias Misunderstanding Judgement Stereotype Unverified Permission Agreement Boundaries Choice Voluntary Clarity Capacity Respect Non-coercion Sexual orientation Gender identity Respect Male Female TransgenderCis genderHeterosexual Non-binary Intersex GayLesbianAsexual Biphobia Bisexual Homophobia Transphobia  |
| Term 3- Spring term | **Key theme- Living in the widerworld** 10. Active citizenship 11. What are employers looking for?12. Employment and pathways 13. The workplace 14. Habits and strategies to support progress  | **Key knowledge** Active citizenship Improving local communities. British Value. What employers are looking for in potential employeesEmployment routes and patterns of workWorkplace including rights, responsibilities and emotions. Revision techniques Supporting progress academically **Skills** Communication Confidence Respect Understanding Negotiation Responsibility Self-awareness Teamwork  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksGroup work and presentationReflection tasks Support Signposting | Participation Voting Volunteering Petitioning Human rightsResponsibility Accountability Equality Rule of law Freedom of speech Inclusion Diversity Leadership Democracy Individual liberty Mutual respect Tolerance NGOInitiative Self-motivated Organisation Under-pressure AdaptabilityCommunication Negotiation Diversity EmployabilityCritical thinking Time management Leadership Numeracy Digital literacy Punctuality |  Reliability AccountabilityGCSE’s A levels T levels BTECsApprenticeship Volunteering College Employer Employee Diversity Inclusion Health and safety Rights Responsibilities Revision Review Recall Practice Revisit Reinforce Refresh Retain Spaced repetition Memory techniquesFlashcardsMind mapsRetrieval Consolidation Long term memory Cognitive load  |
| Term 4- Summer term | **Key theme- Health and wellbeing** 15. Exploring attitudes 16.Drugs, the law and managing risks. 17. drugs and effects alcohol and cannabis 18. managing influences19. dangers of vaping 20. serious and organised crime  | **Key knowledge** Dangers of drugs and young people’s behaviour regarding use.Legal consequences of using illegal drugsShort- and long-term effects of alcohol Short- and long-term effects of cannabisManaging peer pressure and influence in relation to substance use. Dangers of vaping. Identify, manage and avoid the potential risks associated with involvement in serious and organised crime**Skills** Communication Empathy Respect Understanding Responsible Self-control  | Starters- recap of previous learningKey terms- definitions Baseline assessments Knowledge checksPair work Class discussionsPair discussionsRanking exercises Quizzes Scenarios Video & questions Written tasksGroup work and presentationReflection tasks Support Signposting | Prescription drugsRecreational drugs Illegal drugs DepressantsStimulants Hallucinogens OpioidsCocaine CannabisHeroin Ecstasy Nicotine Alcohol Caffeine Prescription drugsRecreational drugs Illegal drugs DepressantsStimulants Hallucinogens OpioidsCocaine CannabisHeroin Ecstasy Nicotine Alcohol Caffeine Law Consequences THC Effects UnitsIntoxication HangoverBinge drinking Liver damage Alcohol poisoning Marijuana  | Weed Hash CBDSubstance misusePeer pressure ChoicesConsequencesValues Beliefs Self-esteem Reflection Influence Boundaries Empathy Vaping Popcorn lungChronic cough Chest pain Lung damage Nicotine Toxins Withdrawal Peer pressure Influence Grooming Organised crime Gang Drug trafficking Money laundering Blackmail Fraud Cyber crime Prosecution Law Surveillance Recruiter Intimidation Prevention  |