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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. |

**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 PSHE  2. Importance of sleep  3.Reframing negative thinking  4.recognising mental ill-health and where to get help | **Key knowledge**  PSHE topics in year 9  Building a positive rapport with teacher and students  Importance of sleep and healthy routines  Negative thinking patterns and how these impact our response to disappointments  Strategies to build resilience and reframe negative thinking.  Mental health and support  **Skills**  Communication Teamwork  Confidence  Respect  Resilience  Reflective  Self-awareness  Making informed choices  Responsibility  Understanding  Empathy  Tolerance  Diversity | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Reflection tasks  Support Signposting | Ice breaker  Self-esteem  Resilience  Trust  Confidence  Goal setting  Growth mindset  Values  Relationships  Friendship  Safe  Empathy  Sleep  Rest  Biological clock  Routine  Sleep quality  Sleep deprivation  Insomnia  Blue light | Caffeine  Screen time  Irregular schedule  Self- talk  Mindset  Cognitive reframing  Catastrophizing  Overgeneralising  Filtering  Labelling  Mental health  Respect  Tolerance  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 intimacy  Legal status of different types of relationships  Marriage  Consent  Gender identities  Sexual orientation  **Skills**  Communication  Empathy  Confidence  Respect  Resilience  Understanding  Reflective  Empathy | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Reflection tasks  Support Signposting | Relationship  Health  Unhealthy  Intimacy  Vulnerability  Boundaries  Trust  Jealousy  Self-worth  Compromise  Communication  Loyalty  Share values  Gaslighting  Manipulation  Abuse  Controlling  Vulnerability  Attachment  Commitment  Empathy  Affection  Security  Emotional intimacy  Communication  Respect  Honesty  Support  Attraction  Boundaries  Compromise  Marriage  Legal  Illegal  Forced marriage  Arranged marriage  Union  Commitment | Partnership  Vows  Bond  Legal 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  Transgender  Cis gender  Heterosexual  Non-binary  Intersex  Gay  Lesbian  Asexual  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 employees  Employment routes and patterns of work  Workplace including rights, responsibilities and emotions.  Revision techniques  Supporting progress academically  **Skills**  Communication  Confidence  Respect  Understanding  Negotiation  Responsibility  Self-awareness  Teamwork | Starters- recap of previous learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Group work and presentation  Reflection tasks  Support Signposting | Participation  Voting  Volunteering  Petitioning  Human rights  Responsibility  Accountability  Equality  Rule of law  Freedom of speech  Inclusion  Diversity  Leadership  Democracy  Individual liberty  Mutual respect  Tolerance  NGO  Initiative  Self-motivated  Organisation  Under-pressure  Adaptability  Communication  Negotiation  Diversity  Employability  Critical thinking  Time management  Leadership  Numeracy  Digital literacy  Punctuality | Reliability  Accountability  GCSE’s  A levels  T levels  BTECs  Apprenticeship  Volunteering  College  Employer  Employee  Diversity  Inclusion  Health and safety  Rights  Responsibilities  Revision  Review  Recall  Practice  Revisit  Reinforce  Refresh  Retain  Spaced repetition  Memory techniques  Flashcards  Mind maps  Retrieval  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 influences  19. 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 drugs  Short- and long-term effects of alcohol  Short- and long-term effects of cannabis  Managing 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 learning  Key terms- definitions  Baseline assessments  Knowledge checks  Pair work  Class discussions  Pair discussions  Ranking exercises  Quizzes  Scenarios  Video & questions  Written tasks  Group work and presentation  Reflection tasks  Support Signposting | Prescription drugs  Recreational drugs  Illegal drugs  Depressants  Stimulants  Hallucinogens  Opioids  Cocaine  Cannabis  Heroin  Ecstasy  Nicotine  Alcohol  Caffeine  Prescription drugs  Recreational drugs  Illegal drugs  Depressants  Stimulants  Hallucinogens  Opioids  Cocaine  Cannabis  Heroin  Ecstasy  Nicotine  Alcohol  Caffeine  Law  Consequences  THC  Effects  Units  Intoxication  Hangover  Binge drinking  Liver damage  Alcohol poisoning  Marijuana | Weed  Hash  CBD  Substance misuse  Peer pressure  Choices  Consequences  Values  Beliefs  Self-esteem  Reflection  Influence  Boundaries  Empathy  Vaping  Popcorn lung  Chronic 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 |