

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 each year group. It helps families understand what's being taught, how it builds on previous learning, and how you can support your child at home.

- **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.

Half term	What we are learning	Key knowledge and key skills	How we will assess learning in this unit	Homework	Key vocabulary for this unit
Term 1- Autumn term 1	<u>Key theme- Health and Wellbeing</u> 1. Managing strong emotions and distractions 2. Mental health conditions and getting help 3. Healthy coping strategies 4. Changing thinking habits.	<u>Key knowledge</u> Different emotions and how they can affect thoughts and behaviours. Healthy coping strategies to manage strong emotions Recognising distractions and managing them effectively. Common mental health conditions Difference between everyday feelings of worry and low mood and long- term mental ill health. Support and help Importance of sleep for physical and mental health Healthy coping strategies for managing difficult emotions. Why some coping strategies are better than others. Be able to recognise unhelpful coping strategies.	Starters- recap of previous learning Key terms- definitions Baseline assessments Knowledge checks Pair work Class discussions Pair discussions Ranking exercises Quizzes Video & questions Written tasks Reflection tasks Support Signposting	N/A	Wellbeing Mental health Mental ill health Emotions Adolescence Hormones Prefrontal cortex (PFC) Hippocampus Amygdala Dopamine Endorphins Adrenaline Serotonin Fight, flight or freeze Coping strategy Helpful distraction Unhelpful distraction Social media Stress Anxiety Depression Eating disorders OCD Worry

		Positive thinking habits and how these help improve wellbeing and resilience. 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 <u>Skills</u> Communication Teamwork Confidence Respect Resilience Reflective Self-awareness Making informed choices Responsibility Understanding Empathy Tolerance Diversity			Low mood Support network Resilience Rumination Negative thinking patterns Negative self-talk Reframing Reappraisal Balanced thinking Rational thinking Negativity bias Setback Disappointment Emotional awareness Emotion regulation Progressive muscle relaxation Watching thoughts Positive thinking Physical health Sleep Trusted adult Mental health support
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In line with the new framework / curriculum, the curriculum plans will be updated and shared prior to teaching.