



## Living Education (PSHE) Year 9 Medium Term Scheme of Work from 2022

Half term	Topic	In this unit of work, students learn...	PSHE Association Programme of Study refs: H = Health & Wellbeing R = Relationships L = Living in the Wider World
<p><b>Autumn 1</b> Sept – Oct half term</p>	<p><b>Team St Michael's</b> Setting new ground rules School Council election</p> <p>Patrons work</p> <p><b>Health and Wellbeing 4</b> Transition to Year 9. Growth mindset and attitudes to change.</p>	<ul style="list-style-type: none"> <li>• Ground rules for respectful discussions</li> <li>• Election of tutorial school council representative</li> <li>• Setting goals for Year 9</li>   <li>• Who is my tutorial patron and what makes them a good role model</li>   <li style="color: red;">• Information letter sent home to parents.</li>   <li>• What is a 'growth mindset' and a 'fixed mindset'?</li> <li>• What is your attitude to learning?</li> <li>• Developing resilience in learning</li> <li>• Developing resilience in the face of change</li> <li>• Effective revision techniques</li>   <li>• What is mental health?</li> <li>• Staying mentally healthy</li> <li>• Understanding anxiety and panic attacks</li> <li>• When does feeling down turn into depression?</li> <li>• The importance of sleep and a healthy balanced diet in maintaining good mental health</li> <li>• Where to get help if you feel you or someone you know are struggling with your mental health</li> </ul>	<p>Y10 Unit A - H1, H2, H3, R29, L1, L10, L12</p> <p>Y9 Unit D - : H13, H14, H15, R7, R31, L2</p> <p>Y9 Unit E - H16, H17, H18, R7, R31, L2</p> <p>Y9 Unit F - H1, H2, H3, H4, H5, H7, L1, L2</p> <p>Y9 Unit G - H6, H18, H19, H31, R6, R30, R31</p>



<p><b>Autumn 2</b> Oct half term - Christmas</p>	<p><b>Citizenship 3</b> Identity, stereotyping and respecting difference</p>	<ul style="list-style-type: none"> <li>• What is identity?</li> <li>• What is homophobic bullying, and who might be affected by it?</li> <li>• How to recognise and deal with cyberbullying</li> <li>• Developing strategies to respect our differences</li> </ul>	<p>Y9 Unit M - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p> <p>Y9 Unit N - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p> <p>Y9 Unit O - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7</p>
<p><b>Spring 1</b> Christmas – Feb half term</p>	<p><b>Careers 3</b> The Options process and your choices.</p> <p>Starting your career journey (some careers work is also completed during the Y9 enrichment programme)</p>	<ul style="list-style-type: none"> <li>• What do I have to study to GCSE?</li> <li>• What choices will I have?</li> <li>• Identifying likes/dislikes, strengths and weaknesses</li> <li>• Good vs bad reasons to choose a subject to study</li> <li>• Which types of learning and assessment suit me</li> <li>• How to use UniFrog for Career planning and research</li> <li>• Developing your key skills</li> <li>• Planning for your future career by analysing features of jobs</li> <li>• Types of employment and contracts</li> <li>• Reflecting on your attributes and skills</li> <li>• What is employability?</li> <li>• Developing enterprise skills</li> <li>• Job sectors and labour market information</li> </ul>	<p>Y9 Unit I - L1, L2, L7, L9, L10, L11, L12, L13, L15</p> <p>Y9 Unit J - H1, H3, L1, L2, L8, L7, L9, L10, L12, L13, L14</p> <p>Y9 Unit Z - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18</p> <p>Y9 Unit AA - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18</p>
<p><b>Spring 2</b> Feb half term - Easter</p>	<p><b>Health and Wellbeing 5</b> Drugs education 3</p>	<ul style="list-style-type: none"> <li>• What do you know about legal and illegal drugs already?</li> <li>• How are drugs classified?</li> <li>• Identifying legal and illegal drug use</li> <li>• Understanding the dangers of illegal recreational drugs and New Psychoactive Substances (NPS)</li> <li>• Why might some people choose to take drugs, and when might this</li> </ul>	<p>Y9 Unit P - H1, H24, H25, H27, H28, H30, R3, R30, R31, R32</p> <p>Y9 Unit Q - H20, H24, H25, H26, H29</p> <p>Y9 Unit R - H20, H25, H27, H28, H30, R30, R31</p>



		<p>become a problem?</p> <ul style="list-style-type: none"> <li>• What is addiction?</li> <li>• Keeping yourself and others safe</li> </ul>	<p>Y9 Unit S - H20, H24, H28, H30, H31, R31, R32</p>
<p><b>Summer 1</b> Easter – May half term</p>	<p><b>Relationships 5</b> The importance of readiness for sex and assertive communication in intimate relationships. Effective condom use and protecting your sexual health.</p> <p>Awareness of Female Genital Mutilation (FGM)</p>	<ul style="list-style-type: none"> <li>• What does it mean for a couple to be ready for sexual activity?</li> <li>• The importance of consent and 'capacity to consent'</li> <li>• Recognising and resisting pressures</li> <li>• Signs of an unhealthy relationship</li> <li>• What STIs should you know about?</li> <li>• How to access sexual health services locally</li> <li>• What types of contraception exist?</li> <li>• Comparing types of contraception</li> <li>• How to use a condom safely and effectively</li> <li>• Negotiating contraception use</li> <li>• Responsibilities for sexual health</li> <li>• What to do if contraception fails and how to get help and support</li> </ul> <ul style="list-style-type: none"> <li>• What is FGM?</li> <li>• Where FGM is performed and who might be at risk</li> <li>• UK laws regarding FGM</li> <li>• How to get help if you feel someone you know is at risk</li> </ul>	<p>Y9 Unit T - H1, H4, R1, R4, R5, R6, R8, R13, R14, R15, R16, R24</p> <p>Y9 Unit U - H4, R1, R3, R5, R6, R8, R14, R16, R17, R18, R19, R20, R29, R30</p> <p>Y9 Unit V - H11, H12, R15, R21, R22</p> <p>Y9 Unit W - H11, H31, R3, R5, R15, R21, R22</p> <p>Y9 Unit X - H4, H18, R6, R7, R14, R17, R23</p> <p>Y9 Unit Y - H18, H19, H20, R28, R29, R35, R36, R37, R38, L17</p>
<p><b>Summer 2</b> May half term -</p>	<p><b>Citizenship 4</b> Courts, the law and your rights</p> <p><b>Relationships 6</b> Handling conflict in families and relationships</p>	<ul style="list-style-type: none"> <li>• Civil law vs criminal law</li> <li>• What is criminal behaviour?</li> <li>• Your rights on arrest</li> <li>• The roles and responsibilities of a magistrate's court</li> <li>• The roles and responsibilities of a crown court</li> </ul> <ul style="list-style-type: none"> <li>• Why might someone choose to run away from home?</li> <li>• What risks might be faced by someone who has run away?</li> <li>• How running away affects families</li> <li>• Identifying safe places that a young person can access</li> </ul>	<p>Y9 Unit K - H4, H8, H20, R1, R4, R5, R6, R36, L1, L6</p> <p>Y9 Unit L - H4, H20, R1, R4, R5, R6,</p>



		<ul style="list-style-type: none"><li>• Who are the safe people in your life?</li><li>• Respect and healthy communication</li><li>• What might cause conflict in a relationship?</li><li>• Strategies for handling conflict in relationships</li><li>• Constructive, aggressive, passive behaviours</li></ul>	R29, R31, L6
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**Relationships/Health and Wellbeing** are statutory elements of the course.  
For more information please refer to the RSE and Drugs Education policies.

**Other elements within the Year 8 Living Education programme**

Careers Education

Citizenship and British Values

Financial capability (some outcomes also covered in Maths)

Open Water Danger

Elements of **Citizenship education** are taught cross-curricular.