

Year 9 PSHE Curriculum Map

Skills and Knowledge					
Half-term 1:	Half-term 2:	Half-term 3:	Half-term 4:	Half-term 5:	Half-term 6:
<p>Healthy Lifestyle</p> <p>about the relationship between physical and mental health and risk factors</p> <p>about balancing work, leisure, screen time, diet, exercise and sleep</p> <p>to make independent health choices and where to seek support</p>	<p>Sustainability</p> <p>About the term Global citizen</p> <p>Impact on Earth's resources by over use of plastics, energy and water supply</p> <p>About the term fast fashion and impact</p> <p>About the programs that prevent endangered animals from becoming extinct</p>	<p>Setting goals</p> <p>about transferable skills, abilities and interests</p> <p>about different types of employment, career pathways and volunteering opportunities</p> <p>how to work towards aspirations and set meaningful, realistic goals for the future</p> <p>about GCSE and post-16 options</p>	<p>Peer influence, knife crime and gangs</p> <p>how to assess risk and manage influences, including online</p> <p>about 'group think', how it affects behaviour and managing risk in relation to gangs</p> <p>how to recognise passive, aggressive and assertive behaviour, and how to communicate assertively</p> <p>about the legal and physical risks of carrying a knife</p>	<p>Respectful relationships</p> <p>about different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering</p> <p>about conflict and its causes in different contexts, e.g. with family and friends</p> <p>how to access support services</p> <p>about FGM and how to access help and support</p>	<p>Substance Misuse</p> <p>about positive social norms in relation to drug and alcohol use</p> <p>about legal and health risks in relation to drug and alcohol use, including addiction and dependence</p>
<p>Supporting websites for further information:</p> <p>https://careerpilot.org.uk/</p> <p>https://www.redcross.org.uk/first-aid</p> <p>https://www.themix.org.uk/</p> <p>https://chathealth.nhs.uk/</p> <p>https://www.youngminds.org.uk/</p> <p>https://www.brook.org.uk/</p> <p>https://www.childline.org.uk/</p> <p>https://mermaidsuk.org.uk/</p> <p>https://www.wwf.org.uk/</p>					<p>Super Curricular:</p> <p>Off timetable day</p> <p>27th June</p> <p>Health and Well-Being</p> <p>Road Safety</p> <p>Alcohol Awareness</p> <p>Consent</p> <p>Sexual Health and self-care</p> <p>First Aid</p>