

Living Education (PSHE) Year 9 Medium Term Scheme of Work from 2023

Half term	Торіс	In this unit of work, students learn	PSHE Association Programme of Study refs: H = Health & Wellbeing R = Relationships L = Living in the Wider World
Autumn 1 Sept – Oct half term	Team St Michael's Setting new ground rules School Council election	 Ground rules for respectful discussions Election of tutorial school council representative Setting goals for Year 9 	
	Patrons work Health and Wellbeing 4 Transition to Year 9. Growth mindset and	 Who is my tutorial patron and what makes them a good role model Information letter sent home to parents. What is a 'growth mindset' and a 'fixed mindset'? What is your attitude to learning? Developing resilience in learning 	Y10 Unit A - H1, H2, H3, R29, L1, L10, L12
	attitudes to change.	 Developing resilience in the face of change Effective revision techniques What is mental health? Staying mentally healthy Understanding anxiety and panic attacks When does feeling down turn into depression? 	Y9 Unit D - : H13, H14, H15, R7, R31, L2 Y9 Unit E - H16, H17, H18, R7, R31, L2
		 The importance of sleep and a healthy balanced diet in maintaining good mental health Where to get help if you feel you or someone you know are struggling with your mental health 	Y9 Unit F - H1, H2, H3, H4, H5, H7, L1, L2 Y9 Unit G - H6, H18, H19, H31, R6, R30, R31



Therefore, choose Autumn 2 Oct half term - Christmas	Citizenship 3 Identity, stereotyping and respecting difference	 What is identity? What is homophobic bullying, and who might be affected by it? How to recognise and deal with cyberbullying Developing strategies to respect our differences 	 Y9 Unit M - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7 Y9 Unit N - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7 Y9 Unit O - H7, H19, R24, R25, R26, R27, R28, R29, R30, L1, L3, L4, L5, L6, L7
Spring 1 Christmas – Feb half term	Careers 3 The Options process and your choices. Starting your career journey (some careers work is also completed during the Y9 enrichment programme)	 What do I have to study to GCSE? What choices will I have? Identifying likes/dislikes, strengths and weaknesses Good vs bad reasons to choose a subject to study Which types of learning and assessment suit me How to use UniFrog for Career planning and research Developing your key skills Planning for your future career by analysing features of jobs Types of employment and contracts Reflecting on your attributes and skills What is employability? Developing enterprise skills Job sectors and labour market information 	 Y9 Unit I - L1, L2, L7, L9, L10, L11, L12, L13, L15 Y9 Unit J - H1, H3, L1, L2, L8, L7, L9, L10, L12, L13, L14 Y9 Unit Z - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18 Y9 Unit AA - H1, H2, R1, R2, R3, L7, L15, L16, L17, L18
Spring 2 Feb half term - Easter	Relationships 5 The importance of readiness for sex and assertive communication in intimate relationships. Effective condom use	 What does it mean for a couple to be ready for sexual activity? The importance of consent and 'capacity to consent' Recognising and resisting pressures Signs of an unhealthy relationship What STIs should you know about? How to access sexual health services locally 	Y9 Unit T - H1, H4, R1, R4, R5, R6, R8, R13, R14, R15, R16, R24 Y9 Unit U - H4, R1, R3, R5, R6, R8, R14, R16, R17, R18, R19, R20, R29, R30



Therefore, choose	1		
	and protecting your sexual health. Awareness of Female Genital Mutilation (FGM)	 What types of contraception exist? Comparing types of contraception How to use a condom safely and effectively Negotiating contraception use Responsibilities for sexual health What to do if contraception fails and how to get help and support What is FGM? Where FGM is performed and who might be at risk UK laws regarding FGM How to get help if you feel someone you know is at risk 	Y9 Unit V - H11, H12, R15, R21, R22 Y9 Unit W - H11, H31, R3, R5, R15, R21, R22 Y9 Unit X - H4, H18, R6, R7, R14, R17, R23 Y9 Unit Y - H18, H19, H20, R28, R29, R35, R36, R37, R38, L17
Summer 1 Easter – May half term	Health and Wellbeing 5 Drugs education 3	 What do you know about legal and illegal drugs already? How are drugs classified? Identifying legal and illegal drug use Understanding the dangers of illegal recreational drugs and New Psychoactive Substances (NPS) Why might some people choose to take drugs, and when might this become a problem? What is addiction? Keeping yourself and others safe 	Y9 Unit P - H1,H24, H25, H27, H28, H30, R3, R30, R31, R32 Y9 Unit Q - H20, H24, H25, H26, H29 Y9 Unit R - H20, H25, H27, H28, H30, R30, R31 Y9 Unit S - H20, H24, H28, H30, H31, R31, R32
Summer 2 May half term -	Citizenship 4 Courts, the law and your rights	 Civil law vs criminal law What is criminal behaviour? Your rights on arrest The roles and responsibilities of a magistrate's court The roles and responsibilities of a crown court 	
	Relationships 6 Handling conflict in families and relationships	 Why might someone choose to run away from home? What risks might be faced by someone who has run away? How running away affects families Identifying safe places that a young person can access 	Y9 Unit K - H4, H8, H20, R1, R4, R5, R6, R36, L1, L6 Y9 Unit L - H4, H20, R1, R4, R5, R6,



Who are the safe people in your life?	R29, R31, L6
 Respect and healthy communication 	
 What might cause conflict in a relationship? 	
 Strategies for handling conflict in relationships 	
 Constructive, aggressive, passive behaviours 	

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 and on CVE days.