



PSHE AT PLECKGATE YEAR 9 LEARNING JOURNEY



Lesson 2: Workplace Skills

- Describe how enterprise skills can be put to use in different work environments.
- Explain why particular skills are useful in certain workplace environments.



Lesson 4: Contraception

- I can name the main types of contraception and how they prevent conception and/or STI's.
- I can describe when, where and how to access contraception.

Lesson 3: Sexual Health

- I can list some of the most common STIs, their symptoms and consequences
- I can name the contraceptive methods which provide some protection against STI infection and describe where to get contraceptives



YEAR
10

HT6

Lesson 1: Growth Mindset

- Identify statements that describe either a Fixed or a Growth Mindset.
- Describe the attributes of a Fixed or Growth Mindset
- Explain why a Growth Mindset can help us succeed and develop our skills and personal qualities.



Lesson 3: Personal Branding

- Identify key elements of online presence
- Assess how to make improvements to online presence for future employability



Lesson 1: Enterprising

- I can identify enterprising skills and qualities
- I can plan to use enterprising skills in the future

Lesson 2: Freedom and Capacity to Consent

- I can explain what is meant by freedom and capacity to consent
- I can recognise contexts where someone's freedom or capacity to consent have been reduced or removed, and why this means consent has no longer been given



Lesson 3: Decision Making

- To understand what an important decision is.
- To know how to approach the main important decisions in life.
- To evaluate different methods of decision-making styles.



HT5

HT4

Lesson 2: Enterprising Qualities

- Describe which enterprising skills and qualities you share and how you have previously used those skills.
- Explain how you plan to use enterprising skills and qualities in the future.



Lesson 3: Knife Crime

- Correctly identify the consequences of knife crime and why young people become involved.
- Describe the long term and short term consequences of carrying knives.
- Explain how the methods used to stop knife crime sometimes don't help and why this is.

Lesson 2: Young People and Gangs

- Explain the reasons why young people join gangs
- Describe the consequences of joining a gang
- Explain and evaluate the methods to avoid or exit a gang safely
- Explain why carrying knives is wrong



Lesson 1: Respectful Relationship Behaviours

- Explain the difference between welcome and unwelcome interest
- Describe respectful behaviour in both everyday and romantic contexts and describe ways to challenge inappropriate behaviour
- Explain how someone might assess their readiness for intimacy



Lesson 4: Drugs and Alcohol

- describe some of the health risks associated with occasional and problematic substance use
- recognise and challenge myths related to cannabis use and drinking alcohol



Lesson 2: Conflict at Home

- Correctly identify the dangers and risks of leaving home and living on the streets. Identify places we can get help with domestic conflict.
- Describe solutions (or starting points to help) for a variety of domestic conflict case studies.
- Explain why running away from home with nowhere to go is a bad idea, explaining the possible long and short-term consequences.



Lesson 1: Tackling Peer Pressure

- Explain when and why they are likely to be influenced by peers or take risks
- Describe and evaluate strategies for managing peer pressure minimising risky behaviour
- Explain the importance of choosing a positive friendship group and accessing appropriate support



HT3

Lesson 1: Different Family Types

- Identify the different types of family and the roles of family members.
- Describe the changes in family roles since the 1950s
- Explain why roles have changed and why we need to learn about different types of families.



Lesson 3: Healthy Lifestyles

- Describe the features of a healthy lifestyle and evaluate how healthy their lifestyle is at the moment
- Describe the risks of an inactive lifestyle
- Set sustainable, realistic goals to improve lifestyle choices about sleep, diet, and exercise



Lesson 3: Conflict Management

- Identify how to resolve and manage conflict.
- Explain why some conflict strategies would work better than others in particular situations and analyse what the likely outcome would be



HT2

HT1

Lesson 4: Addictive Substances

- Define different types of legal and illegal drugs
- Explain the different criminal charges for different drugs
- Reflect on the risks involved in taking drugs
- Devise strategies to avoid getting into dangerous situations with drugs.

Lesson 2: Rest, Recovery and Sleep

- Understand what rest and recovery entails
- Recognise different ways you can rest and recover
- Understand the benefits of rest and recovery in terms of mental wellbeing



Lesson 1:
Introduction to PSHE in Year 9
What will I learn?



**YOUR JOURNEY
STARTS HERE**

