

PSHE AT PLECKGATE YEAR 9 LEARNING JOURNEY





- 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.

HT6

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



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.



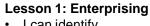
Lesson 3: Knife Crime

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



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 decisionmaking styles.



I can identify enterprising skills and qualities I can plan to use enterprising skills in

the future





HT5

Capacity to Consent I can explain what is meant

Lesson 2: Freedom and

- 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 2: Enterprising Qualities

Correctly identify the consequences of knife

Explain how the methods used to stop knife

crime sometimes don't help and why this is.

Describe the long term and short term

consequences of carrying knives.

crime and why young people become involved.

- 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 2: Young People and Gangs

- Explain the reasons why young people join
- 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**

HT4

- 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
- 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 3: Conflict Management

conflict.

HT1

Identify how to resolve and manage

Explain why some conflict strategies

would work better than others in particular situations and analyse what

the likely outcome would be



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



Introduction to

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







HT2

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.



- 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



