



PSHE AT PLECKGATE

YEAR 9 LEARNING JOURNEY



Summer Preparation for KS4

Review of learning

5. Looking Ahead

- Understand what happens to our bodies as we age
- Identify how we can age in a healthy way
- Set future health targets

LOOKING AHEAD

YEAR 10

End of year Evaluation

4. Staying Safe

- Identify negative health behaviours
- Understand how to stay safe and overcome peer pressure
- Evaluate personal behaviours and create an individual action plan to overcome negative health behaviours

SLD 2 (All 3 PSHE THEMES) Humanutopia "Who Am I" Day

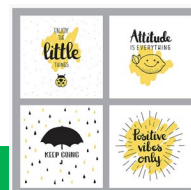
2. Being Mindful

- Understand what mindfulness means
- Recognise how to be mindful
- Understand the benefits of mindfulness and how to utilise it



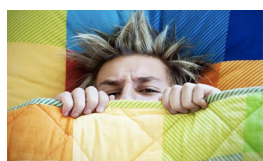
3. Attitudes to Health

- Understand the importance of having the right attitude to health
- Recall techniques to maintain a positive attitude



1. Sleep

- Understand why you need to sleep
- Recognise the different stages of sleep
- Discover methods to encourage good sleep behaviours



5. Body Image



Contraception methods



4. Contraception

I agree
 I disagree

2. Consent

H&W Term 3

Review of learning

RSE- Online and Media- Year 9 ICT

- Google Be Internet Citizens Course

6. Feelings MM13

- Understand the importance of achieving in life
- Create your own crazy goals and achievement plan

3. Sexting

SLD 1 (LITWW)

1. HOD Options Subject Talks
2. HOD Options Subject Talks
3. Employer talks
4. Employer Talks
5. Which Way Now? Pearson Resource

5. Health Risks 1

- Apply behaviour change model to health risk scenarios
- Understand the risks associated with poor health and wellbeing
- Identify plans to improve unhealthy behaviours



6. Health Risks 2

- Understand health behaviours and associated risk factors
- Develop awareness of health related conditions such as diabetes, diseases, obesity, heart disease, cancer etc
- Plan & present a health campaign based around the importance of lifestyle factors to reduce health risks



RSE Term 2

1. Young Love

7. Rest and Recovery

- 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



Review of learning

4. Healthy Behaviours

- Understand both healthy & unhealthy behaviours
- Identify key influences to our health and wellbeing
- Understand behaviour change models and ways to change behaviours

2. Healthy Routines Part 1

- Understand the importance of routines
- Evaluate your own routines



Welcome to Year 9 PSHE:

What will I learn?



H&W Term 1

YOUR JOURNEY STARTS HERE



3. Healthy Routines Part 2

- Track your daily energy levels
- Prioritise your daily lifestyle habits
- Plan and develop your own balanced daily routine



1. Recharge

- Understand what 'Recharge' means
- Understand how to recharge
- Understand the health benefits of recharging

