

PSHCE

YEAR 9



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Name:







Form Tutor.....

2020-2021













Y9 PSHCE PROGRAMME 2020-2021







Lesson	Date	Topic	Self Assessment		
			Circle how confident you feel with this topic before the lesson Underline how confident you feel with this topic after the lesson		
1	Mon 14 th Sept	Brexit			
		<ul style="list-style-type: none"> I understand Britain's changing relationship with the European Union and the influence that the EU has on my life. 	☹	☺	☺
		<ul style="list-style-type: none"> I have considered the implications of Brexit 	☹	☺	☺
		<ul style="list-style-type: none"> I know how MEPs are elected and what they do. 	☹	☺	☺
2	Mon 28 th Sept	Racism and Diversity			
		<ul style="list-style-type: none"> I can recognise my own core values and beliefs and can use these to influence my decisions and choices 	☹	☺	☺
		<ul style="list-style-type: none"> I can recognise and respond positively to difference and diversity in my school and community 	☹	☺	☺
3	Monday 12 th October	Online Chat & Grooming			
		<ul style="list-style-type: none"> I understand the risks of physically meeting people I have only previously 'met' online. 	☹	☺	☺
		<ul style="list-style-type: none"> I understand the need to establish clear personal boundaries around these aspects of my life I wish to be private, shared only with specific people and made public, and understand my right to privacy. 	☹	☺	☺
4	Monday 2 nd	Understanding and preventing Extremism			
		<ul style="list-style-type: none"> I can understand how and why some people are 	☹	☺	☺










	November	<p>radicalised and drawn into extremist behaviour and am able to give a counter narrative</p> <ul style="list-style-type: none"> I am aware of how young people can be groomed or radicalised on-line and face –to-face and know how to identify and report such risks which includes telling a trusted adult. 			
		<ul style="list-style-type: none"> I can recognise the signs of someone being radicalised and know what to do if I spot the signs 			
		<ul style="list-style-type: none"> I understand the terms terrorism and extremism and have discussed the consequences of recent terrorist activities and extremist activity (including Right Wing Extremism) 			
		<ul style="list-style-type: none"> I understand what makes a young person vulnerable to radicalisation and how I can protect myself, including telling a trusted adult 			
		<ul style="list-style-type: none"> I know about the process of radicalisation and I am aware of how to spot the signs of possible radicalisation in others and have the confidence to inform a trusted adult 			
		<ul style="list-style-type: none"> I know about the security measures in the UK to protect citizens from terrorist attacks 			
5	Tuesday 17 th November	<p>Careers lesson 1</p> <ul style="list-style-type: none"> I can avoid stereotypical beliefs that may influence my decisions and choices 			
		<ul style="list-style-type: none"> I can identify and make the most of my personal networks of support, including knowing how to access wide range of careers information 			
		<ul style="list-style-type: none"> I understand the pathways and qualifications available for the next stage of my education 			
6	Tuesday 1 st Dec	<p>Run, Hide, Tell</p> <ul style="list-style-type: none"> I understand the principles of Run, Hide, Tell and how to stay safe if there was a serious incident 			
7	Weds 16 th Dec	<p>Eating disorders</p> <ul style="list-style-type: none"> I know what constitutes a healthy lifestyle and its benefits and can assess the risks of some lifestyle choices eg over exercising and extreme dieting 			


































		<ul style="list-style-type: none"> I am aware of some mental health issues that affect young people including eating disorders and self-harm and know where to access sources of support 			
		<ul style="list-style-type: none"> I know what constitutes a healthy lifestyle and its benefits and I know the links between a poor diet and health risks including eating disorders and cancer 			































CHRISTMAS HOLIDAYS













8	Weds 13 th Jan	Resilience			
		<ul style="list-style-type: none"> I recognise my own values and beliefs and can use these to influence my decisions and choices 			
		<ul style="list-style-type: none"> I have increased understanding about resilience and have a range of strategies that I regularly use to ensure I look after my own mental health 			
		<ul style="list-style-type: none"> I have a range of strategies to manage a breakdown in a relationship including with peers and the effects of change, including loss, separation, divorce and bereavement 			

9	Weds 27 th jan	Careers Lesson 2			
		<ul style="list-style-type: none"> I am able to recognise the qualities and skills that will help make me employable and I can provide evidence to demonstrate this both in and out of school 			

10	Weds 10 th Feb	Careers Lesson 3 Key Stage 4 Planning			
		<ul style="list-style-type: none"> I understand the pathways and qualifications available for the next stage of my education 			
		<ul style="list-style-type: none"> I can describe my plans for Key Stage 4 and understand the impact of my choices on my future goals and aspirations and appreciate I need to be positive, flexible and well prepared for the changes 			

		<ul style="list-style-type: none"> I have had experience of preparing myself when going through a selection process and reflected on the process 			
		<ul style="list-style-type: none"> I have started to plan how I can get the qualifications, skills and experiences I need for my future plans 10 			
11	Thurs 4 th Mar	Peer pressure			
		<ul style="list-style-type: none"> I can recognise when I am putting myself or others are putting me under pressure to obey 'written rules' or social norms and I able to positively respond to these pressures 			
		<ul style="list-style-type: none"> I have considered how I can make my own choices without losing friends or credibility and have practiced strategies to achieve this. 			
12	Thurs 18 th Mar	Personal health			
		<ul style="list-style-type: none"> I can assess the risks and consequences of experimental and occasional substance use and how it may affect my ability to make safe judgements and longer term dependency and addiction to substances (including alcohol) 			
		<ul style="list-style-type: none"> I have considered the impact on myself and others when making decisions regarding substance (including alcohol) 			
		<ul style="list-style-type: none"> I understand how to access local health services and other sources of support such as smoking cessation services or if concerned about others' alcohol or substance uses 			
13	Friday 16 th Apr	Cancer			
		<ul style="list-style-type: none"> I know what constitutes a healthy lifestyle and its benefits and I know the links between a poor diet and health risks including eating disorders and cancer 			
		<ul style="list-style-type: none"> I know about cancer and cancer prevention, including healthy lifestyles and self-examination, acknowledging that childhood and adolescent cancers are rarely caused by lifestyle choices 			
		<ul style="list-style-type: none"> I have identified a trusted adult that I can talk to when I need help/ support both within and out of school including concerns about my health 			
14	Fri 30 th April	Financial Planning			
		<ul style="list-style-type: none"> I have begun to consider the importance of financial planning to provide for my longer 			

		term aspirations and wants			
		<ul style="list-style-type: none"> I can manage a personal budget and contribute to household and school budgets and can provide examples of this. 			
EASTER HOLIDAYS					
15	Tues 4 th May	Financial Savings			
		<ul style="list-style-type: none"> I am aware that there are positive and negative risks associated with financial savings and borrowing and the impact this can have on emotional wellbeing 			
		<ul style="list-style-type: none"> I can identify ways in which negative financial risks can be minimised including insurance 			
16	Mon 17 th May	Global citizen			
		<ul style="list-style-type: none"> I understand what it means to be a global citizen 			
		<ul style="list-style-type: none"> I can recognise my responsibilities as a global citizen 			
		<ul style="list-style-type: none"> I can assess the ethical and economic benefits of fair trade organisations 			
17	Mon 7 th June	Careers			
		<ul style="list-style-type: none"> I am able to recognise the qualities and skills that will help make me employable and I can provide evidence to demonstrate this both in and out of school 			
		<ul style="list-style-type: none"> I can demonstrate and reflect on a range of qualities and skills that entrepreneurs need 			
18	Tues 22 nd June	Key Stage 4			
		<ul style="list-style-type: none"> I understand the pathways and qualifications available for the next stage of my education 			
		<ul style="list-style-type: none"> I can describe my plans for Key Stage 4 and understand the impact of my choices on my future goals and aspirations and appreciate I need to be positive, flexible and well prepared for the changes 			

		<ul style="list-style-type: none"> I can identify and make the most of my personal networks of support, including knowing how to access wide range of careers information and to distinguish bias 			
		<ul style="list-style-type: none"> I have had experience of preparing myself when going through a selection process and reflected on the process 			
19	Weds 7 th July	Career choices <ul style="list-style-type: none"> I can avoid stereotypical beliefs that may influence my decisions and choices 			
		<ul style="list-style-type: none"> I have started to plan how I can get the qualifications, skills and experience s I need for my future plans 			

SUMMER HOLIDAYS