

On – Line Programme of Learning for Year 9

NB: Due to the fact that PSHE needs to be responsive to safeguarding or community contexts, topics may be shifted at short notice.

Autumn (1 st term)	Autumn (2 nd term)	Spring (1 st term)	Spring (2 nd term)	Summer (1 st term)	Summer (2 nd term)
Topic/Key Questions/ Learning Outcomes: ROCK Safety, anti-bullying, anti harassment Self esteem and health Consent and contraception	Topic/Key Questions/ Learning Outcomes: Pregnancy and fertility science – including what menopause is. Different relationships and families Pornography and media representations of relationship values	Topic/Key Questions/ Learning Outcomes: Healthy eating (anti-diet, pro nutrition, anti fat-phobia) Mental & Physical health and wellbeing anti vaping/smoking Mental & Physical health and wellbeing: expressing yourself confidently (anti- bullying/freedom to dress as you wish)	Topic/Key Questions/ Learning Outcomes: Anti homophobia and anti transphobia Mental & Physical health First Aid	Topic/Key Questions/ Learning Outcomes: Keeping safe: choices around anti-grooming, anti-gang, anti-knife crime Mental health and worries (eco anxiety, financial anxiety, academic anxiety) – getting help and anti suicide. Mental health and loss (tough times, failure, loss, setbacks)	Topic/Key Questions/ Learning Outcomes: Time management and study skills Financial wellbeing and budgeting
SKILLS AND ATTRIBUTES DEVELOPED: -how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters -how to assess and manage risks to health; and to keep themselves and others safe -how to identify and access help, advice and support -about the concept of consent in a variety of contexts (including in sexual relationships)	SKILLS AND ATTRIBUTES DEVELOPED: -How to stay healthy and safe including sexual health and safe behaviours -Consent and developing a range of healthy relationships -Awareness of pregnancy and risks of underage pregnancy- Awareness of the the role, risks and influence of the media on lifestyle -how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts	SKILLS AND ATTRIBUTES DEVELOPED: How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity to respect equality and be a productive member of a diverse community	SKILLS AND ATTRIBUTES DEVELOPED: to respect equality and be a productive member of a diverse community how to assess and manage risks to health; and to keep themselves and others safe	SKILLS AND ATTRIBUTES DEVELOPED: How to assess and manage risks to health; and to keep themselves and others safe. About managing loss including bereavement, separation and divorce.	SKILLS AND ATTRIBUTES DEVELOPED: How to manage transition. How to maintain physical, mental and emotional health and wellbeing; (i.e. preventing stress and poor health resulting). Understanding and being able to manage money.
End of term 1 assessment to cover: GPOP of final 2 lessons - fertility		End of term 2 assessment to cover: GPOP on diverse community content		End of year assessment to cover: GPOP and observe verbal task on time management and study skills	