

PSHE SOW YEAR 9 – Working Document

Year 9, term 1	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Mon)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
Core theme 1 – Health & Wellbeing H18, 19	Managing Transition	The media portrayal of young people and how this may affect self-esteem and confidence Eating disorders, self-harm	Weeks 1-2 (2 lessons) <ul style="list-style-type: none"> Review of last years aims Goals & Aims for the Year SMART Targets 	Social Media – review Body Image, Weeks 1-4 (4 lessons) Mental Health issues - Eating disorders, Self-Harm				September: Organic September International Day of Peace 21 st September International Week of Happiness 23-30 th September October: World Mental Health Day 10 th October Conflict Resolution Day October 17 th Jewish New Year – October 30 th November National Pathology Week 4 th November National Stress Awareness day 6 th November Anti Bullying Week – 11 th November Sugar Awareness Week – 11 th November Road Safety week 18 th November
			Week 3 & 4 Topical – International week of Happiness – survey – The Day					
H5, H6, H9, 13, 17, H25-28 & H30 R31 & 32	How to maintain physical, mental and emotional health and wellbeing; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing and sexual health	Healthy eating and balanced diets, Importance of Exercise, Importance of Sleep and screen time, practise Personal Hygiene	Weeks 5-7 (3 lessons) <ul style="list-style-type: none"> Obesity Diabetes Heart Disease 	Weeks 5-7 (3 lessons) <ul style="list-style-type: none"> Alcohol Smoking Cannabis E-Cigarettes 	Sarah Upjohn Workshop on Music related Injuries Workshop by HH on nutrition and how the school prepares food to meet pupils needs			
H A L F T E R M								
Core theme 2 Relationships	How to deal with risky or negative relationships including all forms of bullying (including distinct challenges posed by online bullying) and abuse, sexual and other violence and online encounters	Peer pressure, bullying (focussing on online exploitation), sexting and sending of explicit images, laws relating to it, how to seek advice and support	Week 8 – Review Goals Targets *	Habit dependency addiction (R31 & 32)	Workshop on resilience and conflict resolution - TBA			
			Week 9 – Anti bullying exercise	Week 9 – Review last term topic				
			Week 10 – team building activity	Week 10-11 (2 sessions) – peer pressure related to above topics and online exploitation				
			Week 11 – reviewing online safety – settings of accounts etc.					
Core theme 3 – Living in the Wider World L3, L4 & L5	About rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	Similarities, differences, races, cultures, religions, sexual orientation, gender, age, stereotyping	Week 12-14 Brief overview human rights / children’s rights	Week 12-14 Gender identity, sexual orientation, race, religion, discrimination				

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Year 9, term 2	Subject topics – Program of Study	Pupils should Learn - Breakdown	Tutor Time (Thurs)	PSHE Class (Mon)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
R5 & R6 & R29 R15-20	how to recognise and manage emotions within a range of relationships about the concept of consent in a variety of contexts (including in sexual relationships)	Attraction, liking someone, positive/negative relationship/abusive relationships – emotional, physical and online; Different levels of intimacy; respecting the right not to have intimate relationships; readiness for sex and benefits of delaying; consent and the law.	Week 1 – recap current affairs over Christmas break Week 2 – NSPCC Quiz – Online Safety (R36) Week 3 – Marriage Laws in different cultures and legal ages of consent across different countries	Week 1 & 2 – Online safety Week 3 – 5 Relationships, consent, intimacy, legalities, Week 6 - Contraception				January: Dry January Veganuary 6 th January – Big Schools Bird Watch 18 th January – Winnie the Pooh Day 20 th January – Cervical Smear Awareness week & Energy Saving week 25 th January – Burns Night 31 st January – Brexit
H11 & H12 & R21 & R22	about parenthood and the consequences of teenage pregnancy; how to assess and manage risks to health; and to keep themselves and others safe ; how to identify and access help, advice and support	Recap reproduction / pregnancy; contraception; barrier methods reducing risk of spreading infections;	Week 4 – LGBT History Month Week 5 –Brexit Week 6 – The Day					1 st Feb – LGBT History Month 3 rd Feb – Sexual Abuse and Sexual Violence Awareness Week & Children’s Mental Health Week 1 st March – Walk all Over Cancer 11 th March – National No Smoking Day 20 th March – National Skipping Day 22 nd March - Mothering Sunday
H A L F T E R M								
R23-R27	to respect equality and be a productive member of a diverse community	about the difference between assigned/biological sex, gender identity and sexual orientation; to recognise that there is diversity in sexual attraction and developing sexuality; the terms associated with sex, gender identity and sexual orientation and to understand accepted terminology; about the unacceptability of sexist, homophobic, biphobic, transphobic, racist and disablist language and behaviour, the need to challenge it and how to do so.	Week 7 & 8 Stereotyping including sexual/gender Week 9 – No Smoking Day Week 10 - Current affairs Week 11 - TBC	Week 7-9 Sex, Sexuality, and gender; terminology; developing sexuality; stereotypes and abuse. Week 10 – Sex and the media Week 11 – Recap/Asses				

Year 9, term 3	Subject topics – Program of Study	Pupils should Learn – Breakdown	Tutor Time (Thurs)	PSHE Class (Tues)	Outside Classroom Learning	Assessment & skills (including ICT)	SEN / EHC / EAL / Gifted & talented	Awareness days Relating:
R33 & R34	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	Laws relating to the carrying of offensive weapons; strategies for managing pressure to carry a weapon difference between friendship groups and; strategies for managing pressure to join a particular group or gang and how to access appropriate support	Week 1 – Allergies Week 2 – Ramadan Week 3 – Staying Safe in the sun Week 4 – How to keep your Heart Healthy	Week 1 & 2 – Gang Violence and Knife Crime Week 3 – FGM Week 4 – Positive and negative roles played by drugs in society				22 nd April – Allergy Awareness Week 24 th April-24 th May – Ramadan May – Skin cancer awareness Month
H8	how to assess and manage risks to health; and to keep themselves and others safe	the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to access sources of support for themselves or their peers who they believe may be at risk, or who may have already been subject to FGM	Week 5 - Eid	Week 5 – Recap				24 th -26 th May Eid 3 rd June – Heart Rhythm Week & Wear it Red for Heart Disease
H24	how to assess and manage risks to health; and to keep themselves and others safe	the positive (for example the treatment or eradication of disease) and negative (for example dependency) roles played by drugs in society (including alcohol)						June - Pride Month 3 rd June –Child Safety week
H A L F T E R M								
L1	about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy	to recognise, clarify and if necessary challenge their own core values and how their values influence their choices	Week 6 – Pride Month – History of Pride, what celebrations happen etc	Week 6 – Core Values and Beliefs – what are they; how do they differ from person to person; cultures; religions etc				5 th June – World Environment Day 10 th June – Men’s Health Week & Diabetes Awareness Week
L13-16	about the economic and business environment	about the choices available to them at the end of Key Stage 3, sources of information, advice and support, and the skills to manage this decision-making process; successful enterprise; profit and cash flow; marketing and productivity.	Week 7 – The Environment Week 8 – Plastic Pollution Week 9 – The Day Week 10 - TBS	Week 7 – Reflection of last year, targets for next year – personal, social and musical Week 8 – Business – What makes a successful business Week 9 – Profit and Cashflow Week 10 - TBC				13 th June- Cupcake Day for Alzheimer’s Awareness 24 th June – National School Sports Week July – Plastic Free Month