



PSHE Long Term Plan Year 9

Green = Health and Wellbeing

Blue = Living in the Wider World

Pink = Relationships

Weeks	Subject	Topic Area	Content to Cover	Linked Qualifications	Teaching Notes
1-2	Living in the Wider World	British Values	Democracy Rule of Law Respect Tolerance Individual Liberty	ASDAN Certificate in Citizenship Module 3 Section A Government and Democracy <ul style="list-style-type: none"> • British Political System • Democracy • Referendum • Manifestos 	<p>Students will look at British Values and will compare countries that are democratic V undemocratic. This will be linked to events in the news.</p> <p>When studying for their ASDAN certificate students will look at famous referendums including BREXIT. When studying manifestos students should make their own manifesto of what a perfect school or country would look like to them with explanation.</p>

3-5	Living in the Wider World	Developing Skills and Aspirations	Future career choices	AQA Credit PSE035 Level Two Certificate in Making Informed Career Choices	Whilst studying their AQA students will explore possible future career choices, what qualifications they will need for this and where they can study to achieve this post 16.
6-8	Relationships	Diversity	<p>The benefits of living in a diverse society</p> <p>Prejudice, stereotypes and discrimination</p> <p>Bullying including online bullying</p>		<p>Whilst studying this topic students will consider the benefits of living in a diverse society including looking at different religions and buildings, food, music and clothing. Students will look at how people can be stereotypes for example presuming a nurse is female. Students will study protected characteristics. They will also look at immigration and how this is portrayed in the media. Students will study how migration has positively impacted our country including soldiers from all countries and religions helping us in both world wars and how the NHS now would not exist without migration. Students will look at online bullying and the impact this can have on a person by looking at examples in the media.</p>

9-14	Health and Wellbeing	Health and Puberty	<p>How to live a healthy lifestyle including diet, dental health, physical activity, caffeine, smoking, alcohol, personal hygiene</p> <p>How to manage physical and emotional changes during puberty</p> <p>How to recognise and respond to inappropriate and unwanted contact</p> <p>FGM</p>	<p>ASDAN Certificate in Life Skills Module 6 Section A Cooking on a Budget</p> <ul style="list-style-type: none"> • Comparing Supermarket Prices • Compare Café Prices to Homemade • Plan and Cook a Meal on a Budget • Plan and Cook a Meal of Choice 	<p>Whilst studying their ASDAN certificate students will look at supermarket prices and café prices online to compare where the best place are to shop and go. They may also visit shops and cafes in the local area. Students are required to plan and make a meal on a budget using only a fridge, microwave, kettle or toasting machine. Students will have a budget of £5 each. Their order can be placed online or they may visit a shop to buy ingredients.</p>
15-16	Living in the Wider World	Local History in Doncaster	<p>Conisbrough Castle Brodworth Hall Doncaster Racecourse Railway Yorkshire Wildlife Park</p>		<p>Students will study the local history of Doncaster by reading and watching media clips. They may also choose a place to visit.</p>
17-19	Relationships	Building Relationships	<p>Self-worth</p> <p>Healthy V unhealthy relationships</p> <p>Media stereotypes of relationships</p> <p>Consent</p>	<p>ASDAN Certificate in PSHE Module 7 Section A Respectful Relationships</p> <ul style="list-style-type: none"> • Discrimination • Emotions • Healthy Relationships • Consent 	<p>Students will have the opportunity to look at how relationships are presented online and on TV and in films. They will look at examples of healthy relationships and unhealthy relationship including examples of where consent was not given and the impact of this.</p>

20-22	Living in the Wider World	Financial Decision Making	<p>How to make safe financial choices</p> <p>Ethical and unethical business practices</p> <p>Saving, spending and budgeting</p> <p>How to manage risk taking behaviour</p>	AQA Credit 108554 Level Two Certificate in Managing a Budget	Students will look at how to set up a bank account, the difference between a debit card and credit card, how to budget a wage and the risks of gambling.
23-26	Health and Wellbeing	Drugs and Alcohol	<p>Medical and recreational drugs</p> <p>Energy drinks</p> <p>The risks of alcohol, tobacco, nicotine and E-cigarettes</p>	<p>ASDAN Certificate in PSHE Module 5 Section A Tobacco and Drugs</p> <ul style="list-style-type: none"> • Smoking • Support • Vaping • Drugs <p>ASDAN Certificate in PSHE Module 4 Section A Alcohol</p> <ul style="list-style-type: none"> • Alcohol • Effects of Alcohol • Alcohol Poisoning • Emotional Health and Wellbeing 	Students will receive a talk from staff at the Flying Scotsman.
27-29	Living in the Wider World	Community and Careers	Employment, self-employment and voluntary work	<p>ASDAN Certificate in Careers Module 1 Section B Self Development</p> <ul style="list-style-type: none"> • Enterprise Project/Starting your own Business • Volunteering 	As well as looking at the definitions of employment, self-employment and careers students will have the opportunity to set up their own business. This will involve ordering things to make their own products and then selling them for profit, for example bracelets/birdhouses.

					Students will volunteer in the local community for example gardening, litter picking, visiting a care home
30-32	Relationships	Discrimination	<p>Gender identity, transphobia, gender-based discrimination</p> <p>How to recognise and challenge homophobia and biphobia</p> <p>How to recognise and challenge racism and religious discrimination</p>		<p>Students will look at famous cases of racism including slavery, abolition of slavery, the work of Martin Luther King and Nelson Mandela, Stephen Lawrence, George Floyd and the Black Lives Matter movement.</p> <p>Students will look at the LGBTQ+ community and how their rights have improved over time including Pride celebrations.</p> <p>Students must be made aware that there is still work to be done in conquering racism and the rights of the LGBTQ+ community. Recent examples include racism still being present in football.</p>
33-35	Health and Wellbeing	Emotional Wellbeing	<p>How to develop positive mental health</p> <p>Roman Kemp's Silent Emergency</p> <p>How to develop digital resilience</p>	AQA Credit 116895 Level Two Certificate in Exploring Good Mental Health	<p>Students will start this topic by watching Roman Kemp's Silent Emergency.</p> <p>They will then go on to study the impact of poor mental health and how to</p>

			<p>Unhealthy coping mechanisms – self harm, eating disorders</p> <p>How to develop positive coping strategies</p>		<p>develop more positive strategies.</p> <p>Students will look at the zones of emotional regulation and associated strategies. They may practice some of these strategies such as exercise, drawing, meditating etc..</p>
36-39	Relationships	Identity and Relationships	<p>Sexual orientation</p> <p>The law and consent</p> <p>Sexting</p> <p>Basic forms of contraception – condom and pill</p>		