Key Stage 3 Year 9 PSHE Curriculum Overview

<table>
<tr><td colspan="2"><u>Curriculum Intent</u>
We aim to develop students into well-rounded, caring and aspirational people who know and understand their rights and responsibilities in their local, national and global communities.
Implementation:
PSHE is taught in one 60-minute lesson per week. The curriculum is divided into 3 main areas of study: Relationships, Living in the Wider World and Healthy Living. Careers is built into the PSHE curriculum and students in all year groups benefit from regular careers assemblies. The Holywell values and restorative practices are embedded in the curriculum and teaching methods.
Teachers create a safe and caring environment in which students can explore their thoughts and feelings with growing confidence, encouraged by both their peers and teachers.
In addition to the weekly PSHE lessons, all students will participate in our PSHE Enrichment Day.
• Year 6 theme is mental well-being and stress management.
• Year 7 theme is celebrating diversity and British values through sports and the arts.
• Year 8 theme is careers.
• Year 9 theme is personal safety
Further enrichment of the PSHE curriculum is provided by whole school support during assemblies and form times, of the following national initiatives; National Career's week (March), Children's' Mental Health week (February) and Anti-Bullying week (November).</td></tr>
<tr><td>Autumn term 1</td><td>Title of Unit: Mental health and wellbeing
Main Focus: Building on previous learning, this unit gives students the opportunity to rehearse essential self-regulation strategies and apply them to new and complex situations. Healthy and unhealthy coping strategies and body modifications lesson 1 of 3.</td></tr>
<tr><td>Evidence of learning</td><td>WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.</td></tr>
<tr><td>Links to prior learning</td><td>Year 8 Healthy Lifestyles</td></tr>
<tr><td>Links to future learning</td><td>Year 10 Independence, Health Choices and Wellbeing.</td></tr>
<tr><td>Careers links</td><td>Healthcare and Health and fitness sectors.</td></tr>
<tr><td>Autumn term 2</td><td>Title of Unit: Careers and future choices
Main Focus: This unit supports students to prepare for making GCSE option choices by thinking about their career goals and future.</td></tr>
<tr><td>Evidence of learning</td><td>WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.</td></tr>
<tr><td>Links to prior learning</td><td>Year 8 Careers</td></tr>
</table>

Links to future learning	GCSE choices
Careers links	post 16 options
Spring term 1	**Title of Unit**: Drug education **Main Focus**: This unit builds on previous learning, focusing on developing skills to manage situations involving alcohol, vapes or other potentially harmful substances.
Evidence of learning	WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.
Links to prior learning	Year 7 and 8 Healthy Lifestyles
Links to future learning	Year 10 Wellbeing for Life
Careers links	NHS, Counselling, Youth worker, educator
Spring term 2	**Title of Unit:** Intimate sexual relationships **Main Focus:** In this unit, students revisit learning about consent and learn about healthy, safe sexual relationships, including using contraception.
Evidence of learning	WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.
Links to prior learning	Year 8 Healthy Relationships
Links to future learning	Year 10 Exploring Consent and Recognising Abuse
Careers links	Sexual health educators. nurses, advisors and clinicians.
Summer term 1	**Title of Unit:** Managing risk in relation to the law **Main Focus:** This unit helps students to assess the ways young people might be drawn into criminal behaviour, and the impact of breaking the law.
Evidence of learning	WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.
Links to prior learning	Year 7 citizenship – rules and laws

Links to future learning	Year 10 Navigating the online world
Careers links	Police officer, lawyer, solicitor, barristers, paralegal.
Summer term 2	**Title of Unit: Navigating online harms** **Main Focus:** This unit explores online harms young people may be exposed to, focusing on how they can respond to deepfake AI images and misogynistic narratives.
Evidence of learning	WIKA (what I know already) activities at the beginning and end of units, questioning, quizzes, self-assessment, peer assessment and teacher assessment of extended written tasks.
Links to prior learning	Year 7 Keeping Safe Online.
Links to future learning	Year 10 Navigating the online world
Careers links	Police officer, lawyer, solicitor, barristers, paralegal.

Reading in the curriculum (Literacy & Vocabulary)

Key subject specific vocabulary is taught and revisited on a regular basis. Students have opportunities to read a range of texts individually and in small groups and are encouraged to express their ideas clearly.

Protected Characteristics

In the 'relationships' area of study, students are taught to recognise and challenge discrimination when they encounter it. Teaching about protected characteristics links to the key Holywell values of kindness, tolerance and respect. The curriculum materials are designed to ensure that they represent diversity. External speakers enrich the curriculum in this area.

Safeguarding including safety in the curriculum

Students have access to an 'Ask it Basket' in all PSHE lessons. This has two main purposes; to enable students to ask a question about something covered in the lesson or to raise a concern about themselves or another student. Students are frequently reminded to use their trusted adults and are signposted to organisations that can provide further support. The bi-annual wellbeing survey organised by Central Bedfordshire Council enables us to monitor the wellbeing of students in years 6, 8 and 10 and to provide support where necessary.

Values across the curriculum

The Holywell values of respect, kindness, tolerance and compassion are an integral part of the PSHE curriculum. Students are encouraged to respect the diversity of our community and to understand that we all have the right to feel safe all the time.

Spirituality in the curriculum

Holywell School Curriculum Overview

The PSHE curriculum teaches students to respect and value themselves and others. It does this through developing self-awareness and by exploring the components of healthy relationships. It teaches children how to look after their physical and mental wellbeing. The 'Living in the Wider World' strand of the curriculum explores how our society works and encourages students to think beyond the present. The RSE part of the curriculum was planned in line with the 'Goodness and Mercy' resource. We support the school vision of 'being the best we can be in community'. An example of how we do this is by raising student's aspirations through regular careers assemblies and by encouraging them to look at their skills and qualities and how to develop these further.

How we track your progress

Linking to the progress descriptors all students' progress is tracked through the work they produce and contribute to in class, homework, end of unit assessments and in class assessments/quizzes.

Parents/Carers can support their child by:

Encouraging your child to take an interest in current affairs by watching or listening to the News and discussing stories which are of interest. Keeping an open dialogue about what your child is accessing online. Having discussions about different careers that friends and family have and by reinforcing the importance of working hard at school and participating in enriching extra-curricular activities.

Key Websites for Parents

PSHE Association: Provides official, high-quality lesson plans and guidance, including specialized resources for parents to understand what is taught.

1decision: Features a dedicated "Parent/Carer Zone" with resources, videos, and interactive tools for covering PSHE at home.

BBC Bitesize: Provides free, age-appropriate videos and learning materials on personal safety, health, and relationships.

Sustainability within the subject

PSHE supports sustainability by developing students' understanding of their **responsibility to themselves, others and the wider community**. Through learning about wellbeing, relationships, careers, risk and responsible decision-making, students consider how the choices they make can have **long-term consequences for themselves and society**. The curriculum encourages students to become informed, responsible and active citizens who contribute positively to a **safe, inclusive and sustainable future**.