

## Year (9) Curriculum Overview Plan: (Subject Student Wellbeing)

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Key Theme:</b> Risk Prevention and Personal Safety</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will develop an understanding of the different types of drugs and their effects they have on a person's body and mental wellbeing. They will learn about the reasons people self medicate with drugs as well as signs and symptoms of substance misuse disorder. The pupils will also learn about the support available if they think they or someone else they know has a substance problem.</p> <p>Pupils will learn about class C and prescription drugs and the dangers they both pose to the user. Pupils will challenge misconceptions surrounding who may be a drug addict and why they take drugs.</p>	<p><b>Key Theme:</b> Online Media and the World</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will be learning about the ways the media manipulates images and videos.. Pupils will learn about how these media images can be used to make unrealistic body comparisons and these comparisons can lead to mental health issues surrounding self esteem. Pupils will learn about the different strategies they can put in place to promote positive wellbeing surrounding body image and self esteem. Pupils will learn what influencers are and how celebrity influence can be used for good and bad and the strategies that can be put in place to reduce celebrity influence when it could have a negative effect. Pupils will learn about the different negative effects of gambling and gaming and</p>	<p><b>Key Theme:</b> Sexual Health and Relationships</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will know the difference between viral and bacterial sexually transmitted diseases and well as the signs and symptoms of these illnesses. They will learn how these diseases are treated. Pupils will also learn about when to test for STIs and how STIs are treated.</p> <p>Pupils will learn about the different factors that can affect a person's fertility as well as how and why these factors can cause fertility problems and the steps that can be taken to help improve the chances of getting pregnant if it is possible. Pupils will learn about the misconceptions surrounding people from the LGBT community having children. The pupils will also learn</p>	<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will learn about the different aspects of health and unhealthy lifestyles including how healthy eating, sleep and exercise can help an individuals physical and mental wellbeing. Pupils will also learn how different situations can influence people's actions in a positive and negative way. Pupils will learn about the barriers people face when they decide to lead a healthy lifestyle and what they can do to ensure they can be healthy. Pupils will learn about the physical and mental health benefits of being active and participating in physical activity.</p> <p>Pupils will learn how the immune system works</p>	<p><b>Key Theme:</b> Identity and Equality in today's society</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will learn about the need for positive life connections and how these connections can improve a person's physical and mental health. Pupils will learn about how to build positive and long lasting connections.</p> <p>Pupils will learn about how negative patterns of thinking can cause issues surrounding mental health and how they can build resilience in order to recover quickly when these negative patterns of thinking happen. Pupils will learn some of the strategies that they can use as an alternative for their negative thinking. Pupils will learn specifically about male mental health and wellbeing including preconceived ideas surrounding masculinity and</p>	<p><b>Key Theme:</b> How to be a good citizen</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will learn about the reasons why some young people become homeless or run away from home. Pupils will be able to identify the risks of becoming homeless on the young person and identify some of the strategies that people could use to help them if they become homeless. Pupils will be able to identify what a stereotype is and the different forms of prejudice including gender stereotypes and labels surrounding different groups of people. They will learn about how discrimination due to protected characteristics is illegal. Pupils will learn that the way individuals behave towards groups of people can be influenced by the media and the news. They will know that media headlines</p>

<p>Pupils will learn about the dangers surrounding becoming extremely intoxicated with alcohol and will learn the first aid steps they should take if someone passes out due to intoxication.</p> <p>Pupils will learn how and when to perform CPR as well as when to put people into the recovery position. They will be understand the use of defibrillation machines and where they can be found. as well as how and when to use them on a casualty to improve their chances of survival</p> <p>Pupils will learn about first aid methods when looking after casualties who have chest pain as well as bleeding or have gone into shock due to their injuries.</p> <p><b>Links to Prior Learning:</b> Year 7 - First aid training and the proper administration of CPR <b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b></p>	<p>when and where gambling can become a problem. They will know the signs to look out for that could show they, their friends or family members could have a gambling or gaming problem. Pupils will also look specifically at how gambling can cause debt and the issues that can be caused due to debt caused by gambling as well as how online games can cause issues with debt due to microtransactions</p> <p>Pupils will learn about what piracy is and how people may break the law due to copyright infringements and the consequences of breaking this law.</p> <p><b>Links to Prior Learning:</b> Year 8 Online Gambling and the risks</p> <p><b>Strategies to enable new concepts, knowledge &amp;</b></p>	<p>about the different methods available for having children and the advantages and disadvantages of each method, including adoption, surrogacy and co-parenting.</p> <p>Pupils will learn about the process of IVF as well as some of the advantages and disadvantages of this method of becoming pregnant. Pupils will also learn about the ways transgender people can have children that are biologically their own. They will learn about how some medication used by transgender individuals can cause fertility issues through prolonged use and how eggs and sperm can be frozen for use later.</p> <p><b>Links to Prior Learning:</b> Year 8 Health and Wellbeing on HIV</p> <p><b>Strategies to enable new concepts, knowledge &amp;</b></p>	<p>including how the body responds to illnesses and fights off infections. Pupils will also understand how and why illnesses spread from person to person.</p> <p>Pupils will learn about how and why blood, organ and stem cell donations work including who may need these types of donations and the reasons why. They will learn the process involved in donating blood and stem cells and how and why the organ donation process has become an opt out process rather than an opt in and the laws surrounding this change. Pupils will understand why people may need to be given blood as well what happens during the donation process</p> <p><b>Links to Prior Learning:</b> Year 7 - recognising wellbeing concerns and ways to improving mental wellbeing <b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b></p>	<p>how these ideas can have a negative impact on male mental health and has lead to the increase of suicide in the young male population.</p> <p>Pupils will also learn about the lives of young carers and the physical and mental health impacts of being a young carer. Pupils will learn about the reasons young carers don't seek support and what support is available to children who are young carers</p> <p>Pupils will learn about the different laws and acts surrounding the LGBTQ community and the progress that has been made over the years to ensure LGBTQ equality</p> <p><b>Links to Prior Learning:</b> Year 7 &amp; 8 Health managing mental health concerns and positive wellbeing factors</p> <p><b>Strategies to enable new concepts, knowledge &amp;</b></p>	<p>can have a negative impact on the way people feel about groups of people and these attitudes are often incorrect and informed by bias. Pupils will know and understand what basic human rights are and how these human rights can help individuals grow and develop. They will understand why the human rights law is needed</p> <p>Pupils will learn about the steps they can take if they become a victim of a terrorism attack. they will learn how to keep themselves safe in this situation and what they can do to help if someone has a first aid need due to the attack.</p> <p>Pupils will learn what CSE is and the signs that someone may be a victim of CSE. They will also know some of the laws surrounding CSE</p> <p><b>Links to Prior Learning:</b> Y7 &amp; 9 First Aid Y7-9 discrimination Y7-9 Parental responsibilities <b>Strategies to enable new concepts, knowledge &amp;</b></p>
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<p>DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p><b>skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p><b>skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p><b>skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p><b>skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>
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