

Lesson No	Topic & Objectives	Big Question – What will students learn?	Key Activities & Specialist Terminology (Do Now Task / Starter/Tasks/Plenary)	Planned Assessment	Homework or flipped learning resources DODDLE resources	Lit Num SMSC Codes Stat links
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Scheme of Work 2020-2021

Subject: PSHE

Year Group: 9

Exercise book resources – In their exercise books, students should have the following:

- Inside Front cover – Learning Journey sheet
- Inside back cover – project success feedback sheet
- At the beginning of each half term – Confidence checker sheet glued in for the upcoming half term of lessons
- At the end of each half term – STAR Analysis sheet

Assessment:

- Students will fill in their confidence checker at the beginning and end of each lesson
- Students will complete a STAR analysis at the end of unit and there will be space for the teacher to comment on the progress and highlight misconceptions in the STAR.
- STAR = Skills and knowledge, Thoughtful reflection, Advice and tips, Risks and warnings

Home learning:

Each half term students will set a project to complete. They will have the half term to complete it and will be handed in on the last lesson. This will then be marked alongside the Precious Gemstone Success Criteria and recorded in the tracker in the back of the students book.

Link codes:

GB – Gatsby Benchmark Careers Standard

BV – British Values

SH – Statutory Health

- T1 – Mental wellbeing
- T2 – Internet safety and harms
- T3 – Physical health and wellbeing
- T4 – Healthy eating
- T5 – Drugs, alcohol and tobacco
- T6 – Health and prevention

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- T7 – Basic First Aid
- T8 – Changing adolescent body

RSE – Statutory RSE

- T1 – Families
- T2 – Respectful relationships, including friendships
- T3 – Online and the media
- T4 – Being safe
- T5 – intimate and sexual relationships, including sexual health

CIT – Citizenship

Sequencing notes for delivering specialists and non-specialists:

The sequence of lessons throughout the year has been planned alongside the number of weeks in each half term. There will be times where certain classes or year groups miss lessons due to AP's/visitors etc. It is the expectation that the first week of each half term begins the new topic for all year groups. It is the responsibility of the delivering member of staff to ensure the majority of the essential content has been covered within each half term. This could be by condensing lessons together or skipping a lesson in favour of a higher statutory required lesson. If you need any support with this then please contact Z Thomas (HoD).

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Autumn 1
Key Theme: Health and wellbeing
Topic: Body confidence

1	Self esteem changes	To define the term self esteem and explain how it impacts us To evaluate why people do not necessarily respond in the same way to	Keywords: Self-esteem, Resilience, Positive self talk, butterfly effect, Cerebellum Do Now: Self assessment confidence checker Main tasks: <ul style="list-style-type: none"> • I can identify the difference between high and low self esteem 	Self assessment confidence checker pre and post lesson	School health and wellbeing project	SH -T3 So7 M1 C1 Sp1 Sp3 Sp10
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		similar situations, and that different people may express their feelings in many different ways.	<ul style="list-style-type: none"> I can explain how things influence someone's self esteem I know a range of ways to manage my own self-esteem <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>			
2	What is a Penis?	<p>To explore what a penis is and the make up of a sperm cell</p> <p>To describe the male reproductive system</p> <p>To understand the role testosterone plays in the body</p>	<p>Keywords: Penis, Urethra, Scrotum, Testicle, Bladder, prostate gland, Vas deferens, sperm</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I am confident at labelling the male reproductive system I know the make up of a sperm cell I understand how testosterone impacts the body <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>	Self assessment confidence checker pre and post lesson	School health and wellbeing project	SH – T8 So7 M1 C1 Sp1 Sp3 Sp10
3	What is a vulva ?	To identify what a vulva is and the make up of the vagina	<p>Keywords: Vulva, Vagina, Labia, Mons Pubis, Cervix, Uterus, Womb, clitoris</p>	Self assessment confidence checker pre and post lesson	School health and wellbeing project	SH -T8 So7 M1 C1

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		<p>To describe the female reproductive systems</p> <p>To explain the importance of cervical screening</p>	<p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I know the difference between a vulva and a vagina I can label correctly all parts of the female reproductive system I can explain what cervical screening is <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>			<p>Sp1 Sp3 Sp10</p>
4	Bullying in all it's forms	<p>I can define all three forms of HBT Bullying</p> <p>To describe the impact HBT Bullying is having on young people in society</p> <p>To evaluate what support schools and students can give to those impacted by the effects of HBT bullying</p>	<p>Keywords: Homophobia, Biphobia, Transphobia, Bully, Victim, Racism</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I know what HBT Bullying is I can explain how schools and charities are helping to tackle HBT Bullying I understand the devastating impact HBT bullying has on society <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links:</p>	Self assessment confidence checker pre and post lesson	School health and wellbeing project	<p>So7 M1 C1 Sp1 Sp3 Sp10</p>

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			www.stonewall.org.uk www.childline.org.uk www.youngminds.org.uk			
5	Dealing with grief and loss	<p>To identify what grief is and how it affects people</p> <p>To explain how grief can impact people in a variety of different ways and how you can support a friend or family member</p> <p>To evaluate what support networks are available to help those grieving</p>	<p>Keywords: Grief, Loss, Denial, Bargaining, Acceptance, Loss, Trauma, depression</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I can explain what grief is I understand the range of emotions people may feel when grieving I know what I could do to try and help support someone who is grieving <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.winstonswish.org.uk</p>	Self assessment confidence checker pre and post lesson	School health and wellbeing project	So7 M1 C1 Sp1 Sp3 Sp10
6	Media and airbrushing	<p>To describe how photo editing and air brushing are contributing to a false sense of beauty</p> <p>To describe what it means to be body positive and body neutral</p>	<p>Keywords: Airbrushing, Digital media, Photoshop, Body positivity, insecurity, foundation, body neutrality</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I know how unrealistic the images I see in the media are I can describe what it means to be body positive and body neutral 	Self assessment confidence checker pre and post lesson	School health and wellbeing project	SH – T3 RSE -T3 So7 M1 C1 Sp1 Sp3 Sp10

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		To evaluate the impact advertisements are having on our self esteem	<ul style="list-style-type: none"> I can explain the link between airbrushing and photo editing and self esteem Plenary: Reflection: Self assessment confidence checker Charity / advise links:			
7	Cancer prevention and healthy lifestyles	To identify the health benefits of living a healthy lifestyle To explain how diet, stress and life situations can impact on health To evaluate the latest research on cancer prevention and healthy lifestyle choices	Keywords: Cancer, Prevention, Industrial Farming, Vegans, Industry, stress, diet, immunity, malnutrition, Do Now: Self assessment confidence checker Main tasks: <ul style="list-style-type: none"> I make healthy choices in my lifestyle I understand some of the latest research on cancer prevention I can explain how diet, stress and life situations impact on physical health Plenary: Reflection: Self assessment confidence checker Charity / advise links: www.nhs.uk	STAR ASSESSMENT Self assessment confidence checker pre and post lesson	School health and wellbeing project	SH -T6 So7 M1 C1 Sp1 Sp3 Sp10

Autumn 2
 Key Theme: Relationships and sex education
 Topic: Sex, the law and consent

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8	Sexual consent and the law	<p>To identify the legal definition of consent and the law surrounding it</p> <p>To describe the practicalities of consent and the importance of it</p> <p>To explain the consequences of sexual activity with no consent</p>	<p>Keywords: Consent, sexual assault, rape, capacity, willingness, exploitation, legality</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> • I understand the requirements for consent • I know the law in relation to consent, sexual assault and rape • I understand the vital importance of consent <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>	- Self assessment confidence checker pre and post lesson	New reality TV show	RSE -T4 So7 M1 C1 Sp1 Sp3 Sp10
9	FGM and the law	<p>To recall the different parts of the female reproductive organs</p> <p>To explain what FGM is and to know that FGM is illegal and where you can go for help and support</p>	<p>Keywords: Uterus, Clitoris, Vulva, Consent, Genitals, Hood, mutilation, Cultural, illegality, criminal</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> • I can identify and label all the external parts of the female sexual anatomy • I understand the law regarding FGM in the UK 	- Self assessment confidence checker pre and post lesson	New reality TV show	RSE -T4 So7 M1 C1 Sp1 Sp3 Sp10

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			<ul style="list-style-type: none"> I understand the dangers associated with FGM and Know where to seek help and support <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>			
10	Delaying sexual activity	<p>describe the benefits of delaying sexual activity</p> <p>To know how to be assertive and deal with undue pressure</p> <p>explain that you don't have to do anything you don't want to and consent and respect for each other should be paramount in any relationship</p>	<p>Keywords: Consent, Abuse, Rights, Assertive, Passive and Aggressive</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> I understand the benefits of delaying sexual activity I understand the importance of being assertive with others I will stick up for myself in any future relationships <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>	Self assessment confidence checker pre and post lesson	New reality TV show	RSE -T5 So7 M1 C1 Sp1 Sp3 Sp10

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11	Why have sex?	<p>To identify the considerations to be taken before making a relationship sexual</p> <p>To explain the positive and negative reasons to have sex</p> <p>To explore the consequences of making a relationship sexual</p>	<p>Keywords: LOVE, SEX , MARRIAGE, HAPPINESS, CORE QUALITIES, coitus, contraception</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> • I know a range of things to consider before engaging in sexual relations • I can explain positive and negative reasons to have sex • I understand the full range of consequences of making a relationship sexual <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk</p>	Self assessment confidence checker pre and post lesson	New reality TV show	RSE – T5 So7 M1 C1 Sp1 Sp3 Sp10
12	Relationships and partners	<p>To describe the meaning of a healthy relationship between a couple and the expectations that form a positive relationship</p> <p>To explain the non physical characteristics someone might look for in a future partner</p>	<p>Keywords: Relationship Intimate Friendship Familial Professional Abuse Psychological Emotional Sexual</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> • I understand the main features that help to build a healthy relationship • I know a range of non physical characteristics to look for in a partner 	Self assessment confidence checker pre and post lesson	New reality TV show	RSE -T5 So7 M1 C1 Sp1 Sp3 Sp10

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		To evaluate the factors necessary to develop a relationship	<ul style="list-style-type: none"> I am able to evaluate if a relationship is positive and healthy or not Plenary: Reflection: Self assessment confidence checker Charity / advise links: v			
13	Pleasure and masturbation	To define the terms pleasure, masturbation and sexual activities To explain the benefits and risks associated with masturbation To evaluate risks associated with different sexual activities and identify high and low risk activities and ways to mitigate the high risk activities	Keywords: Clitoris, Penis, Masturbation, Oral Sex, Pleasure, Sensation, Orgasm, Private, addiction Do Now: Self assessment confidence checker Main tasks: <ul style="list-style-type: none"> I can define the terms pleasure and masturbation and give examples of each I understand the benefits and risks associated with masturbation I understand and can evaluate the risks associated with different sexual activities Plenary: Reflection: Self assessment confidence checker Charity / advise links: www.brook.org.uk	Self assessment confidence checker pre and post lesson	New reality TV show	RSE -T5 So7 M1 C1 Sp1 Sp3 Sp10

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14	What are sti's?	<p>identify at least five common STDs and how they are transmitted.</p> <p>define the term safe sex.</p> <p>Compare sexual behaviours that put people at high, low or no risk for STD</p>	<p>Keywords: STI, STD, Infection, Bacterial, Parasitic, Chlamydia, Syphilis, HIV, Contraception, Disease</p> <p>Do Now: Self assessment confidence checker</p> <p>Main tasks:</p> <ul style="list-style-type: none"> • Able to name at least 5 Sexually transmitted infections • Understand the 2/3 main groups of STI's; tat exist • Able to describe some of the possible symptoms of having an STI <p>Plenary:</p> <p>Reflection: Self assessment confidence checker</p> <p>Charity / advise links: www.brook.org.uk www.nhs.uk</p>	<p>STAR ASSESSMENT</p> <p>Self assessment confidence checker pre and post lesson</p>	<p>New reality TV show</p>	<p>RSE -T5 So7 M1 C1 Sp1 Sp3 Sp10</p>