

Year 9 PSICHE Lessons

As part of the PSICHE curriculum students are taught about a variety of personal, social, cultural and health related modules, as part of this they will consider health and wellbeing, relationships and fundamental British values.

Half term 1- Health and wellbeing

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| Lesson 1 - Moving Forward (Key objective: 1.To look at the success and the failures of the previous year 2. To think about the coming year) |
| Lesson 2 - Which Job (Key objective: To relate job opportunities to personal skills, strengths and aptitudes) |
| Lesson 3 - Career Planning (Key objective: Use a variety of skills to explore and understand future careers and job sectors) |
| Lesson 4 - Technology in the workplace (Key objective: To understand the role and importance of modern technology in the workplace.) |
| Lesson 5 - Target Setting (Key objective: To appreciate the importance of target setting and developing flexible career plans) |
| Lesson 6 – Unemployment (Key objective: To recognise different reasons for unemployment and to demonstrate knowledge of ways to avoid unemployment) |
| Lesson 7 - Assessment |

Half term 2- Health and wellbeing

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| Lesson 1 - Mental Health (Key objective: To examine the nature and meaning of being mentally fit and understand some of the pressures affecting mental health) |
| Lesson 2 - Dealing with Depression (Key objective: To understand what causes depression and what help is out there) |
| Lesson 3 - Running Away (Key objective: To gain an understanding of the reasons why some young people run away from home and to examine the dangers they face) |
| Lesson 4 - Homeless People (Key objective: To understand what 'homeless' means, why people become homeless and to examine the effects that being homeless can have on individuals) |
| Lesson 5 – Alcohol (Key objective: To explore why people drink alcohol and the risks and harms associated with alcohol so that we can make informed decisions in the future) |
| Lesson 6 - Alcohol and emotional health (Key objective: To be aware of the impact that alcohol can have on emotional health) |
| Lesson 7 - Alcohol know your limits (Key objective: To be aware of the units of common alcoholic drinks) |
| Lesson 8 - Assessment |