

## WELL-BEING Year 9 Curriculum End Points and Key Vocabulary

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Ethos Links	<p><b>Milton Keynes</b> – Looking at the gang culture within Milton Keynes (MK8, MK5 etc)</p> <p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p>	<p><b>STEM</b> – Investigating STEM related Jobs</p> <p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p> <p><b>Sustainability</b> – Environmental impacts of jobs/careers</p>	<p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p>	<p><b>Milton Keynes</b> – Understanding different facilities available in MK</p> <p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p>	<p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p>	<p><b>Character</b> – Developing aspects of Respect, Responsibility, Kindness</p>
Learning End Points	<p><b>Peer influence, substance use and gangs</b></p> <p>Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</p> <p><i>What is exploitation within gang culture?</i></p> <p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> <li>➤ How to distinguish</li> </ul>	<p><b>Setting goals</b></p> <p>Learning strengths, career options and goal setting as part of the GCSE options process</p> <p><i>How will my options affect my future?</i></p> <p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> <li>➤ About transferable skills, abilities and interests.</li> </ul>	<p><b>Respectful relationships</b></p> <p>Families and parenting, healthy relationships, conflict resolution, and relationship changes</p> <p><i>How can conflicts arise in relationships and what are some strategies for conflict resolution?</i></p> <p>By the end of this unit students will know and understand:</p>	<p><b>Healthy lifestyle</b></p> <p>Diet, exercise, lifestyle balance and healthy choices, and first aid</p> <p><i>How does diet and exercise create a healthy lifestyle?</i></p> <p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> <li>➤ About the relationship between</li> </ul>	<p><b>Intimate relationships</b></p> <p>Relationships and sex education including consent, contraception, the risks of STIs, and attitudes to pornography</p> <p><i>What is consent?</i></p> <p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> <li>➤ About readiness for sexual</li> </ul>	<p><b>Employability skills</b></p> <p><i>How does our online presence affect our employability?</i></p> <p>By the end of this unit students will know and understand:</p> <ul style="list-style-type: none"> <li>➤ What is meant by online reputation.</li> <li>➤ How to manage the stress that may result from excessive use of social media.</li> <li>➤ Know from whom to get help and</li> </ul>

	<p>between healthy and unhealthy friendships.</p> <ul style="list-style-type: none"> <li>➤ How to assess risk and manage influences, including online.</li> <li>➤ About 'group think' and how it affects behaviour.</li> <li>➤ How to recognise passive, aggressive and assertive behaviour, and how to communicate assertively.</li> <li>➤ How to manage risk in relation to gangs.</li> <li>➤ About the legal and physical risks of carrying a knife.</li> <li>➤ About positive social norms in relation to drug and alcohol use.</li> <li>➤ About legal and health risks in relation to drug and alcohol use, including addiction and dependence.</li> </ul>	<ul style="list-style-type: none"> <li>➤ How to demonstrate strengths.</li> <li>➤ About different types of employment and career pathways.</li> <li>➤ How to manage feelings relating to future employment.</li> <li>➤ How to work towards aspirations and set meaningful, realistic goals for the future.</li> <li>➤ About GCSE and post-16 options.</li> <li>➤ Skills for decision making.</li> </ul>	<ul style="list-style-type: none"> <li>➤ About different types of families and parenting, including single parents, same sex parents, blended families, adoption and fostering.</li> <li>➤ About positive relationships in the home and ways to reduce homelessness amongst young people.</li> <li>➤ About conflict and its causes in different contexts, e.g. with family and friends.</li> <li>➤ Conflict resolution strategies.</li> <li>➤ How to manage relationship and family changes, including relationship breakdown, separation and divorce.</li> <li>➤ How to access support services.</li> </ul>	<p>physical and mental health.</p> <ul style="list-style-type: none"> <li>➤ About balancing work, leisure, exercise and sleep.</li> <li>➤ How to make informed healthy eating choices.</li> <li>➤ How to manage influences on body image.</li> <li>➤ To make independent health choices.</li> <li>➤ To take increased responsibility for physical health, including testicular self-examination.</li> </ul>	<p>activity, the choice to delay sex, or enjoy intimacy without sex.</p> <ul style="list-style-type: none"> <li>➤ About myths and misconceptions relating to consent.</li> <li>➤ About the continuous right to withdraw consent and capacity to consent.</li> <li>➤ About STIs, effective use of condoms and negotiating safer sex.</li> <li>➤ About the consequences of unprotected sex, including pregnancy.</li> <li>➤ How the portrayal of relationships in the media and pornography might affect expectations.</li> <li>➤ How to assess and manage risks of sending, sharing or passing on sexual images.</li> </ul>	<p>advice about online stress.</p> <ul style="list-style-type: none"> <li>➤ Risks and benefits to sharing material online that an employer, client or organisation may be able to see.</li> <li>➤ Know how to identify opportunities for cultivating careers opportunities online and associated challenges.</li> </ul>
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<b>Key Vocabulary</b>	Friendships Influence Communication Drugs Legal and illegal	Transferable skills Career Pathways Employment Future goals Decision making	Parenting Family Separation and divorce Conflict resolution Prescription	Physical and mental health Healthy eating Body image Communication Self care	Sex and intimacy Personal information Consent Pressure Pregnancy	Career Opportunities Online presence Strengths Impact