

## Continuity Curriculum

*An online shadow curriculum for students temporarily out of lessons to ensure continuity of learning*

---

### Year 9 - PSCE

---

Year 9 Block 1 Booklet: [Y9 Block 1 Booklet.pdf](#)

Block 2 Booklet: [Y9 Block 2 Booklet .pdf](#)

	Lesson Title	Lesson Objective	Online Lesson Link	Any additional instructions?
Block 1	LESSON 1: GCSE and Post 16 Options	To explore and understand the different GCSE and post-16 education and training options available, so that I can make informed choices about my future.	<a href="#">Lesson 1 - GCSE and post-16 options.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 2: Study skills - revision	To explore different revision techniques and understand how to use them effectively to prepare for exams	<a href="#">Lesson 2 - Skills for learning - Revision.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 3: The journey to your career	To understand the different pathways to employment and how to set personal goals to support future career choices.	<a href="#">Lesson 3 - Pathways to employment.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 4: Economy – Making informed decisions	How to ask questions that aid decision-making and how to	<a href="#">Lesson 4 - Making informed decisions.pptx</a>	Read through the power point and complete the activities in the booklet

		analyse information, assessing its reliability		
	LESSON 5: Cultivating a positive relationship with your body	To understand the link between sleep and mood and develop strategies to support both.	<a href="#"><u>Lesson 5 - Positive Relationship with Body, physical and mental wellbeing.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 6: Managing mental health including self-harm	To understand what self-harm is and how we can manage our mental health in healthier ways	<a href="#"><u>Lesson 6 - Managing mental health inc self harm.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 7 – Media influence on body image	Body image - depictions of relationships and bodies in the media	<a href="#"><u>Lesson 7 - Media influence, depictions of relationships and sexuality.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 8: Making healthy choices - Preventing cancer and heart disease	To understand the importance of preventative measures on our health including self-examination	<a href="#"><u>Lesson 8 - Preventing cancer and heart disease.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 9: Online wellbeing	To explore how human rights are applied in the online world and understand strategies to stay safe online	<a href="#"><u>Lesson 9 - Online wellbeing (3).pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 10: Online safety	To understand how to protect yourself against unwanted online content and grooming	<a href="#"><u>Lesson 10 - Online Safety, Self-Esteem and Grooming.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 11: Safe family relationships	To understand how to protect yourself against unwanted online content and grooming	<a href="#"><u>Lesson 11 - Safety in familial relationships.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 12: Marriage and cohabiting	To learn about the validity of, and the laws and regulations around, marriages and civil ceremonies in England and Wales.	<a href="#"><u>Lesson 12 - Families and cohabiting.pptx</u></a>	Read through the power point and complete the activities in the booklet

Block 2	LESSON 13: Bodily changes through puberty	To understand the changes we go through during puberty	<a href="#"><u>Lesson 13 - Body changes through puberty.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 14: Developing sexuality and readiness for sex	To understand what makes up a healthy relationship and how you can build trust	<a href="#"><u>Lesson 14 - Developing sexuality and readiness for sex.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 15: Consent	To understand what consent is, the law around consent and how to be confident in gaining consent.	<a href="#"><u>Lesson 15 - Consent.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 16: Sexual Health and STI's	To know what STIs are including the symptoms, how they are transmitted and how you can protect against them	<a href="#"><u>Lesson 16 - Sexual Health and STIs .pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 17: Media Influence	To understand the influence of the media in values, attitudes and behaviour.	<a href="#"><u>Lesson 17 - Media influence.pptx</u></a>	Read through the power point and complete the activities in the booklet
	LESSON 18: Sharing sexual images	To learn about the feelings associated with sending and receiving nude images and how to manage pressure to send or pass on a nude image.	<a href="#"><u>Lesson 18 - Feelings about sharing nudes.pptx</u></a>	Read through the power point and complete the activities in the booklet

	LESSON 19: Healthy friendships	To understand what constitutes a healthy friendship and develop strategies for resolving conflict.	<a href="#">Lesson 19 - Healthy friendships.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 20: Managing peer pressure	To understand what peer pressure is and how to resist peer pressure	<a href="#">Lesson 20 - Managing peer pressure.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 21: Identity and community	To learn about the factors that can affect feelings of belonging in a community	<a href="#">Lesson 21 - Identity and community.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 22: Bias and stereotypes	To learn about the impact of stereotypes and bias.	<a href="#">Lesson 22 - Bias and stereotypes.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 23: Peer pressure, exploitation and knife crime	To learn about the impact of stereotypes and bias.	<a href="#">Lesson 23 - Peer pressure, exploitation &amp; knife crime.pptx</a>	Read through the power point and complete the activities in the booklet
	LESSON 24: Drugs and drug related emergencies	To understand the risks behind drugs and how to deal with emergencies related to drugs	<a href="#">Lesson 24 - Drugs and drug related emergencies.pptx</a>	Read through the power point and complete the activities in the booklet