

Year 9 SOW breakdown			
Half Term	Topic	In this unit of work students learn...	Statutory guidance/personal development
Autumn 1 Relationships	Relationships and community Peer group relationships Community relationships General consent	<ul style="list-style-type: none"> • How they can fit into their peer groups but remain an individual • Why uniqueness is important • What their online identity might reveal about them • What factors make up identity • How different relationships can have positive or negative effects on us • What our rights are in our different relationships • What it means to be assertive • What consent means and what are rights surrounding consent • What relationship abuse is 	Respectful Relationships including Friendships <ul style="list-style-type: none"> • Positive relationships • Different types of relationships • How to gain consent from others • Rights and responsibilities in relationships St. Joseph's pupil profile <ul style="list-style-type: none"> • Loving • Compassionate • Generous • Attentive
Autumn 2 Health and wellbeing	Peer influence, substance use and gangs Healthy and unhealthy friendships Assertiveness Gang exploitation Substance misuse	<ul style="list-style-type: none"> • Recognise health and unhealthy friendships • How to recognise passive, aggressive and assertive behaviour • Manage risk in relation to gangs • The legal and physical risk of carrying a knife • What positive social norms are in relation to drug and alcohol use • The legal and health risks in relation to drug and alcohol use, including addiction and dependence • County lines and the law surrounding the possession and supply of illegal drugs 	Drugs, alcohol and tobacco/Respectful relationships <ul style="list-style-type: none"> • Recognising positive and negative friendships • The law relating to the supply and possession of illegal drugs • Knife Crime St. Joseph's pupil profile <ul style="list-style-type: none"> • Learned • Wise • Discerning • Prophetic
Spring 1 Living in the wider world	Setting goals Learning strengths Career options Goal setting – long term, medium term and short term	<ul style="list-style-type: none"> • Transferable skills, abilities and interests • How to demonstrate strengths • Different types of employment and career pathways • How to work towards aspirations by setting meaningful short, medium and long term plans • How to assess progress against targets set 	Careers <ul style="list-style-type: none"> • Transferable skills • Career pathways • SMART targets St. Joseph's pupil profile <ul style="list-style-type: none"> • Hopeful • Learned • Curious
Spring 2	Abusive relationships	<ul style="list-style-type: none"> • What relationships abuse is 	Respectful Relationships including Friendships

Relationships	Domestic abuse Coercive control Child sexual exploitation Stalking and harassment Consent sexual harassment	<ul style="list-style-type: none"> • The effects of physical and emotional abuse on a person • What domestic abuse is • The laws surrounding domestic abuse • Where someone can go to get help if they are in an abusive relationship • What child sexual exploitation is • What human trafficking is • What stalking and harassment are and the laws surrounding stalking and harassment • What sexual harassment is and the laws surrounding sexual harassment 	<ul style="list-style-type: none"> • Positive relationships • How some types of behaviour in relationships can be criminal • What constitutes sexual harassment <p>St. Joseph's pupil profile</p> <ul style="list-style-type: none"> • Loving • Compassionate • Generous • Wise
Summer 1 Living in the wider world	Law The purpose of law Understanding the Justice system Crime and punishment Human rights Extremism/Radicalisation	<ul style="list-style-type: none"> • The purpose of law • What the justice system is • The key roles and responsibilities of the judiciary • How to access careers in justice system • The difference between criminal and civil law • What happens when someone commits a crime • What human rights are and how law protects people's rights • What factors put some people at risk of extremism/radicalisation • How to prevent extremism and radicalisation 	<p>Citizenship</p> <ul style="list-style-type: none"> • The rule of law • Judicial system • Crime and punishment <p>St. Joseph's pupil profile</p> <ul style="list-style-type: none"> • Intentional • Curious • Discerning
Summer 2 Health and wellbeing	Healthy lifestyle Diet Exercise Lifestyle balance First Aid – Life saving skills	<ul style="list-style-type: none"> • The relationships between physical and mental health • The importance of balancing work, leisure, exercise and sleep • How to make informed healthy eating choices • How to manage influences on body image • To make independent health choices • The importance of physical health including self-checking for testicular and breast changes and abnormalities • The science relating to blood, organ and stem cell donation 	<p>Internet safety and harms/physical health/healthy eating</p> <ul style="list-style-type: none"> • Impact of online images on self-image • How physical health connects to mental health • Health eating • Links between an inactive lifestyle and ill health • Benefits of regular self-examination • Life-saving skills CPR <p>St. Joseph's pupil profile</p> <ul style="list-style-type: none"> • Curious • Active • Discerning • Intentional