

KS3 PSHE timetabled lessons x 2 each week						
Bronze Wellbeing Passport – Linked to Jigsaw Outcomes						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 9	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

Developing Skills with SOLO taxonomy			
Initial	Multi	Relate	Extend
Define	Memorise	Sequence	Generalise
Identify	Define	Compare and contrast	Evaluate
Describe	Name	Explain effects	Prove
	Match	Distinguish	Justify
	Identify	Question	Predict
	Label	Classify	Reflect
	Recall	Explain causes	Argue
	Describe	Analyse	Prioritise
	Outline	Organise	Construct
	List		Generate



Personal Discovery Pathway					
Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Values	Discrimination	Vision	Mental health	Relationship	Wellbeing
Liberty	Individual	Goals	Wellbeing	Friendship	Adolescent
Respect	Acceptance	Targets	Emotions	Online	Body
Tolerance	Inclusion	Future	Impact	Values	Puberty
Democracy	Prejudice	Choice	Connections	Intimacy	Change
Rule of Law	Bullying	Decision	Choices	Consent	Emotional
Identity	Stereotyping	Motivation	Support	Conflict	Physical
Online	Contribution	Achievement	Substance	Reconcile	Self-esteem
Consequences		Dream	Health	Respect	Expression

- | 101 things to do at Penn Fields – PSHE |
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| <ul style="list-style-type: none"> ● Attend ● Friendships ● Online safety ● Team player ● Resilient ● Confident ● Happy ● Visiting ● Experience |

Qualifications & Progression



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Bronze Wellbeing Passport – Linked to Jigsaw Outcomes						
	Autumn 1 Being Me in My World	Autumn 2 Celebrating Differences	Spring 1 Dreams and Goals	Spring 2 Healthy Me	Summer 1 Relationships	Summer 2 Changing Me
Year 9	<p>British Values Democracy. The rule of law. Individual liberty. Mutual respect. Tolerance of those of different faiths and beliefs.</p> <p>My online identity, consequences and CEOP The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparisons. What are the consequences of what I say online: Rights and freedom. CEOP and what happens when you report content.</p> <p>Assessment</p>	<p>Stereotypes, prejudice and discrimination I recognise that there are different types of prejudice and stereotyping and know the ways in which individuals have tried to overcome this historically.</p> <p>Assessment</p>	<p>Dreams, Goals and Choices I have some idea of what I might like to do when I leave school and the path that I will need to take to get there. I can set personal goals based on this.</p> <p>Choices</p> <p>Assessment</p>	<p>Mental Wellbeing I understand the concept of mental wellbeing and happiness and what it might feel like, how it's linked to connections with others and how I might behave if I were mentally unwell or feeling very sad.</p> <p>Healthy choices I am aware of my own personal safety and take actions conscientiously to keep myself safe in a range of different scenarios.</p> <p>Substances and Medicines I am beginning to have some understanding of the impact that substance misuse might have on health and wellbeing. I know the difference between illegal and legal drugs.</p> <p>Assessment</p>	<p>Healthy relationships I know the characteristics of a healthy friendship (in all contexts, including online) including: trust, respect, honesty, kindness, generosity, boundaries, privacy, consent and the management of conflict, reconciliation and ending relationships. This includes different (non-sexual) types of relationships.</p> <p>Assessment</p>	<p>My changing body The changing adolescent body and mental well-being. The main changes which take place in males and females, and the implications for emotional and physical health. Having a baby</p> <p>Image and self esteem I am able to express my own likes and dislikes and I understand that others may have different things that they like or dislike to me.</p> <p>My changing feelings I understand that my feelings are reactions to things that are happening within and around me. I am beginning to identify the reasons that I am experiencing a particular emotion.</p> <p>Assessment</p>