

## Oasis Academy Lister Park Personal Development Curriculum: Year 9

In Year 9, the Personal Development focuses on CEIAG and employability as Year 9 is a key transition point into GCSEs and further education. Students explore options for GCSE and Post-16 to enable them to make informed decisions during their options process. The curriculum builds on prior knowledge, providing more depth around physical health and body image. Students are reintroduced to citizenship focusing on the political system and how it works in the UK. Students also examine mental health in relation to money management or mental health in relation to body issues. The curriculum introduces money management as a stand-alone unit which seeks to provide an introduction to the basics of looking after finances but complements the 'Employable Me' unit, as well as providing vital life skills required for adulthood.

YEAR 9	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Title	Self-Care (money management)	Self-Care (Physical)	Self-Care (Physical)	Employable Me	Employable Me	Citizenship
	<ul style="list-style-type: none"> <li>Describing what a budget is and explaining the importance of managing money effectively</li> <li>Describing the difference between debit and credit cards, borrowing and 'good and bad' debt</li> <li>Describing what tax and National Insurance is and the benefit for the country and for citizens</li> <li>Describing the impact money may have on mental health and discussing support and strategies</li> </ul>	<ul style="list-style-type: none"> <li>Food groups and the importance of balance</li> <li>Describe the benefit of exercise on physical and mental wellbeing</li> <li>Describe the media implications for 'acceptable' or 'normative' bodies</li> <li>Identifying the symptoms of body dysmorphia in men and women and where to seek support</li> <li>Describing STIs, transmission and effect on physical health</li> <li>Describing self-harm and the impact on physical and mental health</li> <li>Describing the dangers of smoking and vaping and dangers for others</li> </ul>	<ul style="list-style-type: none"> <li>Describe what vaccinations, blood and organ donations are and their purpose</li> <li>Describe how to self-check for lumps and bumps, particularly skin</li> <li>Identify and describe reproductive changes of concern and where to seek support</li> <li>Recap alcohol abuse and explain responsible drinking including use of units and impact on health</li> <li>Identify how stress affects the body and impact on lives</li> </ul>	<ul style="list-style-type: none"> <li>Importance of informed options at GCSE and impact on future educational decisions</li> <li>Describe the difference between academic and vocational qualifications</li> <li>Describe what an apprenticeship is and the levels of apprenticeships</li> <li>Know where to research and apply for good quality apprenticeships</li> <li>Describe what a T Level is and explain the benefits of T Levels for different career pathways</li> <li>Explain how to access and use career pilot effectively</li> </ul>	<ul style="list-style-type: none"> <li>Recap the skills and qualities questionnaire from Year 8 and consider the consequences of a weak skill set</li> <li>Discuss and decide the purpose of a career e.g. making lots of money, job satisfaction</li> <li>Describe and explain careers becoming 'portfolio'</li> <li>Describe myths within the workplace and problems of stereotypical ideals of people in the workplace</li> </ul>	<ul style="list-style-type: none"> <li>Describe what a democracy is and compare democracies across the world evaluating the effectiveness</li> <li>Describe the political spectrum and identify political parties and the values/ideas/policies</li> <li>Describe how parliament, elections and the voting systems in the UK</li> <li>Students describe what the monarchy is and the role of the monarchy in the UK today</li> </ul>