

Y9 learning intentions: Lent

Our Pentecost unit: *Essential life skills*

Our Pentecost theme: Life beyond school

What should students know / understand by the end of each lesson?

	Lesson (based on one lesson over two weeks).
Week 1	<ul style="list-style-type: none"> • Importance of Happiness - Improving Mental Health) - To explore what happiness might mean to different people. To explore why it's OK for us to explore our own feelings and emotions. To evaluate whether happiness truly exists.
Week 2	<ul style="list-style-type: none"> •
Week 3	<ul style="list-style-type: none"> • Anger Management - To understand the science behind why someone gets angry. To explore how our thoughts and feelings can impact what we do and say. To understand how to deal with and manage anger.
Week 4	<ul style="list-style-type: none"> •
Week 5	<ul style="list-style-type: none"> • Financial Management - To understand the importance of budgeting throughout a person's life.
Week 6	<ul style="list-style-type: none"> •
Week 7	<ul style="list-style-type: none"> • Importance of saving money - To define a variety of banking and financial key terms. To understand the importance of saving money and the different methods of storing it. To be able to identify the difference between essential and non- essential expenditure.
Week 8	<ul style="list-style-type: none"> •
Week 9	<ul style="list-style-type: none"> • First Aid - How to Administer CPR (Defibrillators) - To Understand the vital importance of First Aid as a lifesaving skill how to perform first aid, including CPR, the use of defibrillators, choking and basic treatment for common injuries. To understand how to put someone in the recovery position and when to contact emergency services.
Week 10	<ul style="list-style-type: none"> •
Week 11	<ul style="list-style-type: none"> • First Aid continued
Week 12	<ul style="list-style-type: none"> •

What is needed to master the knowledge?

Lesson 1 - I can explain what happiness looks like for different people I can recognise my own emotions and how I'm feeling. I have an opinion about whether happiness exists or not.

Lesson 2 - I understand the science behind being angry. I can recognise when I'm getting angry and what my triggers are. I am able to deal with my anger in a positive way.

Lesson 3 - I understand how debt and borrowing money can impact on personal finance. I am able to budget now and for the future.

Lesson 4 - I understand the meanings of a wide range of financial key terms. I can evaluate different ways of storing money. I can explain the many advantages to having a bank account.

Lesson 5 - I am confident in giving someone basic first aid. I know how to perform CPR and put someone in the recovery position. I understand how and when to use a defibrillator to save someone's life.

Lesson 6/7 – First Aid continued.