


Learning Plan		Subject/Pwnc: PSE	Year/Blwyddyn: 9	
<p><b><u>The Four Purposes in Health and Wellbeing:</u></b></p> <p><b>Ambitious, capable learners, who:</b> set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p><b>Enterprising, creative contributors, who:</b> connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p><b>Ethical, informed citizens, who:</b> find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p><b>Healthy, confident individuals, who:</b> build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p><b>Knowledge focus/what matters:</b></p>				
				
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)	Homework/Gwaith cartref to support progress	
Week 1 Define emotional wellbeing and recognise signs of good/poor mental health	<ul style="list-style-type: none"><li>Define emotional wellbeing through brainstorming</li><li>Identify signs of mental health using a mind map</li><li>Describe key ideas from a video and discuss them in pairs</li></ul>	<ul style="list-style-type: none"><li>Define and describe key mental health concepts and recognise signs of emotional wellbeing using key word and vocabulary</li></ul>	Wk 1	Homework: Write a paragraph explaining the difference between mental health and mental illness (100–150 words) Set: Due:
Week 2 Ways to Look After Emotional Wellbeing	<ul style="list-style-type: none"><li>Explain and demonstrate how to support your own wellbeing</li></ul>	<ul style="list-style-type: none"><li>Explain personal strategies in a group discussion</li><li>Construct a 'Wellbeing Wheel' using illustration</li><li>Practice and reflect on mindfulness techniques</li></ul>	Wk 2	Homework: Complete a 3-day wellbeing journal. Log one thing you did each day to improve your emotional wellbeing Set:

				Due:
Week 3	<ul style="list-style-type: none"> <li>Justify the importance of happiness in our overall health</li> </ul>	<ul style="list-style-type: none"> <li>Debate and justify viewpoints on happiness</li> <li>Critique media portrayals of happiness</li> <li>Reflect and explain how positivity impacts health</li> </ul>	Wk 3	Homework: Write a letter to your future self explaining how staying positive can help you deal with future challenges  Set:  Due:
Week 4 Understanding Depression and Mental Illness	<ul style="list-style-type: none"> <li>Describe symptoms of depression</li> <li>Analyse the difference between sadness and illness</li> </ul>	<ul style="list-style-type: none"> <li>Analyse symptoms and distinguish between types of mental health experiences.</li> <li>Describe symptoms using case studies</li> <li>Differentiate between sadness and depression</li> <li>Analyse the impact of stigma through discussion</li> </ul>	Wk 4	Homework: Research a mental health charity (e.g., Mind, YoungMinds). Write a short summary of what they do and who they help  Set:  Due:
Week 5 Managing Mental Health Challenges	<ul style="list-style-type: none"> <li>Apply empathy and identify ways to support someone facing difficulties</li> </ul>	<ul style="list-style-type: none"> <li>Role-play and demonstrate empathy</li> <li>Identify and categorise support systems in school/community</li> <li>Analyse helpful responses to mental health issues</li> </ul>	Wk 5	Homework: Short Write-Up Task: Analyse the statement: 'You can't always see when someone is struggling with their mental health, so always be kind.' (150–250 words)

				Set:  Due:
Week 6 Creating a Mental Health Campaign or Toolkit  Week 7 Presenting Projects and Reflection	<ul style="list-style-type: none"> <li>Design a campaign/toolkit to promote wellbeing among peers</li> <li>Present campaign and reflect on key learning</li> </ul>	<ul style="list-style-type: none"> <li>Design and plan a campaign or toolkit</li> <li>Produce creative outputs (posters, videos)</li> <li>Review and improve projects using peer feedback</li> <li>Present and justify the group campaign/toolkit</li> <li>Evaluate effectiveness through class discussion</li> <li>Reflect on personal learning using key terms</li> </ul>	Wk 6	Homework: Write a personal reflection: What have you learned about emotional wellbeing? How will you use this knowledge in your life? (200 words)  Set:  Due: