

Northern Ireland Curriculum - Learning for Life and Work for Key Stage 3

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Key Stage 3 - Personal Development Learning Outcomes.	Lesson Plan 1 You, Your Skin Your Body		Lesson Plan 2 A Spot of Stress		Lesson Plan 3 Face the Challenge		Lesson Plan 4 Embarrassing Moments		Lesson Plan 5 May Cause Confidence	
<i>Pupils will be able to:</i>	KS3		KS3		KS3		KS3		KS3	
Key Concept - Self Awareness										
Exploring Self-Awareness provides opportunities to consider the importance of self-confidence and self-esteem to physical and emotional/mental health throughout life.										
<i>Pupils will have opportunities to:</i>										
Explore and express a sense of self, for example <i>temperament, feelings and emotions, personal responsibility, personal needs, aspirations, etc.</i>	✓		✓		✓		✓		✓	
Explore personal morals, values and beliefs, for example <i>the origin of personal values, developing a moral framework, personal integrity, etc.</i>					✓		✓		✓	
Investigate the influences on a young person, for example <i>peer pressure, media, social and cultural trends, fears, anxieties and motivations, etc</i>	✓		✓		✓		✓		✓	
Explore the different ways to develop self-esteem, for example <i>enhanced self-awareness, sense of security and self-worth; setting achievable targets; developing resilience, new interests and skills; learning to recognise achievement, etc.</i>	✓		✓		✓		✓		✓	
Develop skills and strategies to improve own learning, for example <i>self management, time management, attitudes and motivation towards learning, organisation and recognition of own learning preferences, developing ambitions for life and work, etc.</i>			✓		✓					

Key Concept - Personal Health										
Exploring Personal Health provides opportunities to understand the importance of recognising and managing factors that may influence physical and emotional/mental health throughout life. Pupils will have opportunities to:										
Explore the concept of Health as the development of a whole person, for example <i>defining what makes up a whole person, physical, mental, social, moral, cognitive development etc.</i>	✓		✓		✓		✓		✓	
Investigate the influences on physical and emotional /mental personal health of, for example <i>immunisation, regular physical activity, personal hygiene, diet, stress, addiction, life / work balance, etc.</i>	✓		✓		✓		✓		✓	
Develop understanding about, and strategies to manage, the effects of change on body, mind and behaviour, for example <i>puberty, body image, mood swings, etc.</i>	✓		✓		✓					
Key Concept - Relationships										
Exploring Relationships provides opportunities to understand the importance of forming and maintaining relationships to physical and emotional/mental health throughout life. Pupils will have opportunities to:										
Explore the qualities of relationships including friendship, for example <i>conditions for healthy relationships, types of relationships, healthy boundaries, gender issues in relationships, etc.</i>	✓						✓		✓	
Develop coping strategies to deal with challenging relationship scenarios, for example <i>sibling rivalry, caring for relatives, domestic violence, teenage rebellion, child abuse, sexism, change in family circumstances, coping with rejection, loneliness and loss, etc.</i>	✓		✓		✓					
Develop strategies to avoid and resolve conflict, for example <i>active listening, assertiveness, negotiation, mediation, etc</i>	✓		✓		✓		✓		✓	