

Welsh Curriculum - Personal and Social Education Framework for 7 to 19 year-olds

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Key Stage 3 & 4 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	
	KS3	KS4	KS3	KS4	KS3	KS4	KS3	KS4	KS3	KS4
<b>Active Citizenship: learners will be given opportunities to</b>										
Develop respect for themselves and others	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Health and Emotional Well-being: learners will be given opportunities to</b>										
Display a responsible attitude towards keeping the mind and body safe and healthy	✓	✓	✓	✓	✓	✓				
Develop positive attitudes towards themselves and others.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
<b>Promoting an understanding of</b>										
The relationship between diet, exercise, and good health and well-being;	✓		✓		✓					
The range of emotions they experience and how to develop strategies for coping with negative feelings;	✓		✓		✓		✓		✓	
The benefit of accessing different sources of information, support and advice;	✓		✓		✓		✓		✓	
Ways in which the emotional well-being can be fostered		✓		✓		✓				✓
<b>Moral and Spiritual Development: learners will be given opportunities to</b>										
Develop an insight into their values	✓		✓		✓		✓		✓	

<b><i>Promoting an understanding of</i></b>										
What they believe is right and wrong actions and the moral dilemmas involved in life situations.							✓		✓	
Their beliefs in the context of those in society.							✓		✓	
<b>Moral and Spiritual Development: <i>learners will be given opportunities to</i></b>										
<b><i>Promoting an understanding of</i></b>										
How beliefs and values affect personal identity and lifestyles								✓		✓
<b><u>Preparing for Life Long Learning</u> : <i>learners will be given opportunities to</i></b>										
Be ambitious, adaptable and embrace learning opportunities				✓		✓				
Be well- organised and take responsibility for their actions and decisions related to learning.				✓		✓				
<b><i>Promoting an understanding of</i></b>										
The relevant opportunities available to them in education and training.				✓		✓				