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| **Year 9 Unit 1** | **Road Map** | | | | | |
| In this unit you will investigate respect and understanding for yourself  **LG1**: Knowledge  **LG2**: Application  **LG3**: Skills | Assessment Grades |  |  | | | |
| Pre topic assessment | |  | | | |
| Post topic assessment | |  | | | |
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| **Themes** | **Learning Goals/Outcomes/Content** | | | R | A | G |
| What is mindfulness? How can it help us with our mental heath? | LG1: Correctly identify ways we can practice mindfulness and ways mindfulness can help our mental health.  LG2: Describe in detail ways for us to deal positively with anxiety and stress through practicing mindfulness.  LG3: Explain the benefits of ‘doing nothing’, living in the now and doing one thing at a time. | | |  |  |  |
| Emotional Literacy –  How can I control my anger? | LG1: Identify ways we can manage our anger in a variety of different circumstances.  LG2: Apply new knowledge to describe how six students in different case studies can avoid conflict and manage anger constructively.  LG3: Explain the best ways to manage our anger depending on different situations and causes. | | |  |  |  |
| How can we keep good mental health and recognise symptoms of depression? | LG1: Correctly identify mental health illnesses and their symptoms  LG2: Describe possible ways for us to retain good mental health and how we can recognise depression  LG3: Explain how you could apply ideas you have learned about retaining good mental heath to your own life | | |  |  |  |

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