

## Remote Curriculum Year 9 CPSHE WEDNESDAY BLOCK 5 ONLY

How it Works:

1. Find the correct week commencing row.
2. Find today's day - There are up to 3 different lessons in each day – you won't run out of work.
3. Choose a lesson – hold ctrl and click the chosen link.
  - a. If you don't recognise the work, it appears too difficult or the link doesn't load; i. Try another task – look at the previous/next lesson or look at other days.
4. Some lessons have links to PowerPoints and other resources beneath the video and/or Starter Quiz
5. Complete any starter quizzes. a. Write your answer down b. Mark your answers and write down any corrections
6. Watch the videos and take notes
7. Pause if/when instructed to do so to answer questions or respond.
8. Complete and go onto the next one.

Signposting support:

If you have any questions, worries or concerns, please speak to your:

Tutor / Pastoral Leader / College Director / SENDCo's / Safeguarding- yellow lanyard or email safeguarding at: [safeguarding@ivybridge.devon.sch.uk](mailto:safeguarding@ivybridge.devon.sch.uk)

| Lesson                                      | Lesson 1                                        | Lesson 2                                                  | Lesson 3                                                  |
|---------------------------------------------|-------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|
| 09/09/26<br>Healthy/unhealthy relationships | <a href="#">Healthy romantic relationships</a>  | <a href="#">Harmful sexual behaviour</a>                  | <a href="#">Supporting others through difficult times</a> |
| 16/09/26<br>Alcohol, drugs, vaping          | <a href="#">Vaping</a>                          | <a href="#">Why smoking and vaping are risky</a>          | <a href="#">Solvent abuse</a>                             |
| 23/09/26<br>Gangs and county lines          | <a href="#">Power, consent and grooming</a>     | <a href="#">Exploitation</a>                              | <a href="#">The laws about knives and weapons</a>         |
| 07/10/26<br>Diet and exercise               | <a href="#">Healthy diet</a>                    | <a href="#">How to stay active</a>                        | <a href="#">The benefits of an active lifestyle</a>       |
| 21/10/26<br>Routine and sleep               | <a href="#">The importance of quality sleep</a> | <a href="#">Good sleep routines</a>                       | <a href="#">Impact of device use on sleep</a>             |
| 11/11/26<br>Managing physical health        | <a href="#">Signs of health problems</a>        | <a href="#">Intimate health care and self-examination</a> | <a href="#">Menstruation and how to access support</a>    |
| 25/11/26                                    | My Sentence                                     |                                                           |                                                           |
| 09/12/26<br>Contraception and STIs          | <a href="#">Condoms</a>                         | <a href="#">Contraceptive choices</a>                     | <a href="#">STIs</a>                                      |