



Wellbeing KS3



Mastery in Year 9

- Explain how we can strengthen our physical and mental health.
- Explain how we see our place in the local, national and global communities and what we can do to be active, responsible citizens.

Mastery in Year 8

- Explain the links between emotions and actions.
- Recognise any changes in values and interests and how this impacts careers choices and other choices we make including in relationships.
- Explain some of the ways we can keep safe and possible risks.
- Explain how we can respond to social issues in a responsible way.

Mastery in Year 7

- Explain how personal values and beliefs can determine actions in all areas of life.
- Explain the importance of financial responsibility and creating budgets.
- Recognise aspects of healthy friendships.
- Explain how decisions are made locally and nationally and the role we have in these decisions.

