

Year 9 CPSHE Autumn Term 1

Welcome and Local and Central Government

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<b>Lesson overview</b>	<b>1</b>
Year 9 CPSHE	
The Ullathorne Way and Character Passport	
Local and central government	
Political parties	
Voting and elections	
Parliament and the monarchy	

 <p><b>Rishi Sunak</b></p> <p>• The Conservative Party can trace its roots back to the 18th century. As Britain's main centre-right party, it has traditionally stood for free trade, private enterprise, individual liberty, low taxation and strong defence. Rishi Sunak is its newly appointed leader (October 2022).</p>	 <p><b>Sir Ed Davey</b></p> <p>• The Liberal Democrats were formed in 1988 by the merger of one of Britain's oldest political institutions, the Liberal Party, which stood for free trade and individual liberty, and the Social Democratic Party, a centrist offshoot of the Labour Party. Sir Ed Davey has been leader since 2019.</p>	 <p><b>Sir Kier Starmer</b></p> <p>• Founded by the trade union movement in 1900 to give workers a voice in Parliament, the Labour Party is Britain's main left wing party. It has moved towards the centre ground in recent decades but wealth redistribution and social justice remain key aims. Sir Kier Starmer has been the leader since 2020.</p>
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Keywords	Definitions	2
Political party	A political party is an organisation that coordinates candidates to compete in a country's elections. It is common for the members of a political party to have similar ideas about politics, and parties may promote specific ideological or policy goals.	
Voting system	An electoral system or voting system is a set of rules that determine how elections and referendums are conducted and how their results are determined.	
Democracy	A system of government by the whole population or all the eligible members of a state, typically through elected representatives.	
Monarchy	A form of government with a monarch at the head (in the UK currently the King)	

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**Central government**

In the UK, the Prime Minister leads the government with the support of the Cabinet and ministers. The Prime Minister also oversees the operation of the Civil Service and government agencies, appoints members of the government and is the principal government figure in the House of Commons. The Cabinet is made up of the senior members of government. Every week during Parliament, members of the Cabinet (Secretaries of State from all departments and some other ministers) meet to discuss the

**Local government**

is responsible for a range of vital services for people and businesses in defined areas. Among them are well known functions such as social care, schools, housing and planning and waste collection, but also lesser known ones such as licensing, business support, registrar services and pest control. Local councils, which is the most common type of local authority, are made up of councillors who are elected by the public in local elections. Councillors work with local people and partners, such as local businesses and other organisations, to agree and deliver on local priorities. The decisions are implemented by permanent council staff, council officers, who deliver services on a daily basis.

**These are the MPs for Coventry.**

 <p><b>Colleen Fletcher</b> Labour Coventry North East</p>	 <p><b>Taiwo Owatemi</b> Labour Coventry North West</p>	 <p><b>Zarah Sultana</b> Labour Coventry South</p>
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Year 9 CPSHE Autumn Term 2  
Healthy Lifestyles

<b>Lesson overview</b>	<b>1</b>
Healthy mind	
Healthy relationships	
Eating disorders	
Dealing with loss	
Wellbeing review	

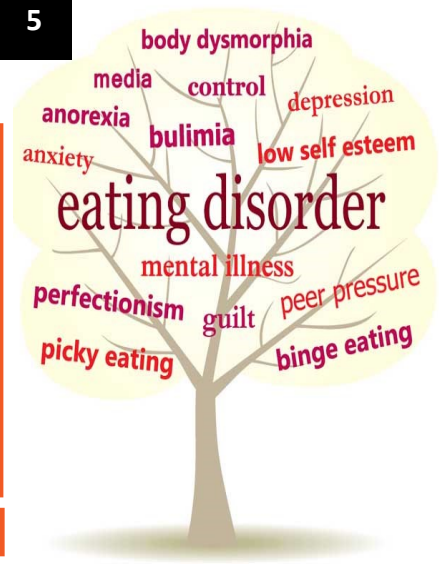
Keywords	Definitions	<b>2</b>
Grief	Intense sorrow, especially caused by someone's death.	
Anorexia	Lack or loss of appetite for food (as a medical condition).	
Bulimia	An emotional disorder characterised by a distorted body image and an obsessive desire to lose weight, in which bouts of extreme overeating are followed by fasting or self-induced vomiting or purging.	

**3** SELF-COMPASSION IN DAILY LIFE  
inspired by the work of Chris Germer

sketchnote by @Halpy

Physical "soften the body"	Mental "reduce agitation"	Emotional "soothe and comfort"	Relational "connect with others"	Spiritual "commit to your values"
exercise 	meditate 	journal 	meet with friends 	pray 
sleep 	watch a comedy 	daily gratitude 	send a thank you card 	walk in nature 
massage 	read a book 	deep breathing 	play a board game 	help others 
a warm bath 	draw 	visualise a peaceful image 	join a club 	practice yoga 
a cup of tea 	do a puzzle 	listen to soothing music 	give a compliment 	go on a retreat 

**4** Stages of Loss and Grief: Death



**6** Healthy Unhealthy Abusive

A healthy relationship means both you and your partner are:

- Communicating
- Respectful
- Trusting
- Honest
- Equal
- Enjoying personal time away from each other
- Making mutual choices
- Economic/financial partners

You may be in an unhealthy relationship if your partner is:

- Not communicating
- Disrespectful
- Not trusting
- Dishonest
- Trying to take control
- Only spending time together
- Pressured into activities
- Unequal economically

Abuse is occurring in a relationship when one partner is:

- Communicating in a hurtful or threatening way
- Mistreating
- Accusing the other of cheating when it's untrue
- Denying their actions are abusive
- Controlling
- Isolating their partner from others



**YOUNGmINDS**  
fighting for young people's mental health



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**9**

In school remember you can always talk to your form tutor, the chaplain, your PSM and Head of Year.