

Year 9 CPSHE Summer Term 1

Topics covered include:

Financial wellbeing and exams

Lesson overview
The Ullathorne Way
Current affairs
Financial wellbeing - Debt
Financial wellbeing—What's best for me?
Exam revision

Keywords	Definitions
Debt	A sum of money that is owed or due.
Budgeting	An estimate of income and expenditure for a set period of time.
Contract	A written or spoken agreement, especially one concerning employment, sales, or tenancy, that is intended to be enforceable by law.
Current affairs	Events of political or social interest and importance happening in the world at the present time.



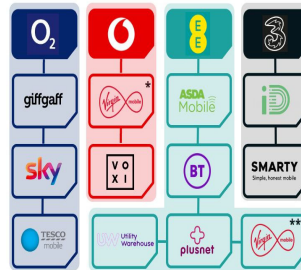
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Things to consider before you buy a new mobile phone contract:

- Upfront costs and data allowance.
- Potential price rises.
- Mobile coverage.
- Contract length.
- Roaming costs.
- Flexible contracts.

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Reasons for getting into debt



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Revision Tips and Tricks!

Record it
Record yourself on your phone or tablet reading out the information. These can be listened to as many times as you want!



Teach it!

Teach someone your key facts and the get them to test you, or even test them!



Flash Cards

Write the key word or date on one side and the explanation on the other. Test your memory by asking someone to quiz you on either side.

Hide and Seek

Read through your knowledge organiser, put it down and try and write out as much as you can remember. Then keep adding to it until its full!



Back to front

Write down the answers and then write out what the questions the teacher may ask to get those answers.



Sketch it

Draw pictures to represent each of the facts or dates. It could be a simple drawing or something that reminds you of the answer.

Read Aloud

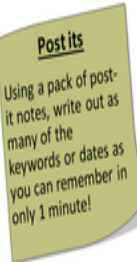
Simply speak the facts and dates out loud as you're reading the Knowledge Organiser. Even try to act out some of the facts – it really helps you remember!



PRACTICE MAKES PERFECT

Practice!

Some find they remember by simply writing the facts over and over again.



Help if you're struggling with debt



If you're struggling to keep up with bills and debt payments, don't worry - you're not alone. We help hundreds of thousands of people with similar worries every year. There are lots of things you can do to resolve your difficulties, including getting free debt advice.

What's in this guide

- Add up how much you owe ↓
- Understand which payments you need to tackle first ↓
- Make a budget ↓
- Talk to the people you owe money to ↓
- Get free, confidential advice ↓



Year 9 CPSHE Summer Term 2

Topics covered include:

Exams and Local / National / International

Lesson overview
Exams
CPSHE end of year exam
Conflict and Resolution—Local and National
Conflict and Resolution—International
Summer safety

Keywords	Definitions
Conflict	A serious disagreement or argument, typically a protracted one.
Resolution	The action of solving a problem or contentious matter.
Local	Relating or restricted to a particular area or one's neighbourhood.
National	Relating to a particular country.
International	Between many nations.

National conflicts include:

- HS2 route and cost
- Moving forward with COVID / Vaccinating people



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Local conflict **3**

Examples include, in the home:

- Sibling issues
- Parenting disagreements
- Relationship changes
- Money concerns

Outside the home include:

- Coventry bin strike



TOP REVISION TIPS **2**

Don't let the stress of revision overwhelm you. Stay in control with these top tips.

- START AS EARLY AS YOU CAN**
Cramming at the last minute is stressful and has limited success.
- MAKE A PLAN**
Work out how much time you have and how long you can spend on each subject.
- CREATE A STUDY SPACE**
Find a quiet spot away from distractions and keep your things all in one place.
- MIX IT UP**
Use a mixture of revision for best results. See our metacognition pods for more info.
- TAKE REGULAR BREAKS**
It is possible to work too hard, make sure to take regular breaks.
- REVISE WITH A FRIEND**
Talking through what you've learned can help information stick.
- USE PAST PAPERS**
These are a great way to get used to exam format and testing what you have learnt.
- EAT HEALTHY**
Certain foods boost your brainpower and will help you remember more.



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Assertiveness Mediation Empathy

Let's TALK

Facilitation **Conflict Resolution Skills** Interviewing & active listening

Creative problem-solving Accountability

Children living in conflict **6**

