Sancton Wood School Curriculum Overview 2023-24 Year 9

English

Language, Literature and Spoken Language

Michaelmas 1	Michaelmas 2	Lent 1
Gothic Literature	Gothic Literature	Social Protest Literature
Read: The Woman in Black (Susan Hill)	Read: The Woman in Black (Susan Hill)	Read: Animal Farm (George Orwell)
Language Assessment: Lang Paper 1, Q3 Structure	Language Assessment: Lang Paper 1, Q5 Crafting a gothic setting	Language Assessment: Lang Paper 2, Q3 Persuasive elements test
Literature Assessment: PEALs on Setting & Atmosphere	Literature Assessment: PEALs on character of Jennet	Literature Assessment: PEAL paragraphs on character of Napoleon
Skills: Features of the gothic; setting; atmosphere; motif; situational irony; pathetic fallacy; colloquialism; contrast	Skills: tension; exposition; rising action; climactic moment; falling action; resolution; historical background on the	Skills: Persuasive methods including ethos; pathos; logos; appeal to authority; statistics; euphemism
	rights of unmarried women in the 19th century	

English

Language, Literature and Spoken Language

Lent 2	Summer 1	Summer 2
Social Protest Literature	GCSE Literature: Anthology Poetry	GCSE Literature: Anthology Poetry
Read: Animal Farm (George Orwell) Language Assessment: Lang Paper 2, Q4 Evaluation of Persuasion	Learning the poetry terminology needed to approach a poem; learning how to annotate a poem; learning the 15 poems in the anthology	Learning the poetry terminology needed to approach a poem; learning how to annotate a poem; learning the 15 poems in the anthology
Literature Assessment: PEAL paragraphs on theme of power	Assessment: Test on poetry terms and skills	Literature Assessment: Comparison of two poems
Skills: Tracing a theme across a whole text as well as writing using extract; semantic fields	Literature Assessment: Analysis of a poem Skills: Rhyme and rhythm; sound techniques; comparison techniques; imagery; comparative language; analysis; stanzas; AO3 contextual background to the poets; academic introductions and conclusions	Skills: Rhyme and rhythm; sound techniques; comparison techniques; imagery; comparative language; analysis; stanzas; AO3 contextual background to the poets; academic introductions and conclusions

Maths

Michaelmas 1	Michaelmas 2	Lent 1
<u>Sets 1 and 2 - Higher Tier – AQA</u>	Sets 1 and 2 - Higher Tier – AQA	Sets 1 and 2 - Higher Tier – AQA
Number	Number	Algebra
Working with integers	 Properties of integers Working with fractions 	Basic algebra
Data	Working with decimals	Shape
 Collecting, interpreting and 	, i i i i i i i i i i i i i i i i i i i	Properties of polygons and 3D objects
Prepresenting dataAnalysing data	<u>Set 3 - Foundation Tier – AQA</u>	•Angles
	Data	Set 3 - Foundation Tier – AQA
<u>Set 3 - Foundation Tier – AQA</u>	 Analysing data 	
		Number
Number	Number	 Working with fractions
Working with integers	Properties of integers	Working with decimals
Data		
• Collecting, interpreting		
and representing data		

Maths

Lent 2	Summer 1	Summer 2
Sets 1 and 2 - Higher Tier – AQA	Sets 1 and 2 - Higher Tier – AQA	Sets 1 and 2 - Higher Tier – AQA
Shape •Perimeter •Area <u>Set 3 - Foundation Tier – AQA</u> Algebra •Basic algebra Shape	Number • Rounding and estimation • Percentages • Powers and Roots • Standard form <u>Set 3 - Foundation Tier – AQA</u> Shape • Angles	Algebra •Further algebra <u>Set 3 - Foundation Tier – AQA</u> Number •Rounding and estimation •Percentages
 Properties of polygons and 3D objects 	●Perimeter ●Area	

Computing

Michaelmas 1	Michaelmas 2	Lent 1
Working knowledge of hardware that is required to make a computer system. How to procure components and physically make a PC Having a working knowledge of other operating systems	Basic understanding of networking components and addressing methods. Able to identify network topology Completing basic maintenance of software and operating systems	Understanding computational thinking. looking at the structure of a program and writing basic programs to complete a project Using HTML and JavaScript. Having a working knowledge of other operating systems
		To communicate with other systems
		over a network
Lent 2	Summer 1	Summer 2
Lent 2 App design, creating a web-based product using JavaScript Be able to create an app for the right target audience. Having a working knowledge of other operating systems and able to communicate with other systems over a network	Summer 1Introduction to Database concepts. Why do organisations rely so much on database?To understand elements of a database: Primary key, field, flat database and relational database.Use of objects in a database, queries using parameters. Report	

Biology

Michaelmas 1 + 2	Lent 1 + 2	Summer 1+2
 Introduction to GCSE Science B1 Cells Microscopes Specialised cells 	B2 Differentiation Cell Division (Mitosis) Stem Cells Assessment	B3 Tissues, Organs, Organ systems The Digestive system Enzymes and Digestion
	Assessment	Enzymes and

Chemistry

Michaelmas 1	Michaelmas 2	Lent 1
An introduction to Chemistry (3 weeks)	C1 ions atoms isotopes periodicity	C2 Transition metals
C1 Atomic Structure	The periodic table and its history as well	The periodic table and its history as well
Structure of the atom.	as the key features of Groups 1 and 7 (C2)	as the key features of Groups 1 and 7 (C2)
Compounds and mixtures. How mixtures can be separated (Chromatography,		C3 Structure and bonding
filtration and distillation)		Learning about covalent, ionic and metallic bonding

Chemistry

Lent 2	Summer 1	Summer 2
C3 giant covalent structures and nanoparticles	C4 relative formula masses and equations in chemistry	C4 percentage yield and how to calculate moles and molar ratios
Discovery.	Calculations of reacting masses (laboratory and industrial scale)	Calculating yield, atom economy.
3D structures (using VR sets)	Building a sense of proportion	Application to industry (cost, safety)
Applications (Sports, medicines)		

Physics

Michaelmas 1 & 2	Lent 1 & 2	Summer 1 & 2
An introduction to physics (3 weeks)	Motion continued Weight and terminal velocity	Energy transfer by heating Energy transfer by
Forces	Forces and elasticity	conduction, convection and radiation
Forces between objects and resultant forces		Heating and insulation
Vectors and scalars	Conservation and dissipation	
The parallelogram of forces	of energy Understanding and defining energy Calculating GPE, KE and EPE Efficiency, work and wasted energy Energy in electrical appliances	Energy resources Energy demands and challenges Power stations - fossil fuels, wind, water, solar, geothermal and nuclear Environmental considerations
Motion Distance-time graphs Velocity-time graphs Force and acceleration		Big energy issues
Weight and terminal velocity Forces and elasticity		



Michaelmas 1	Michaelmas 2	Lent 1
First World War and Trench Warfare	First World War	Votes for Women
Introduction to Year 9 History	Battle of the Somme and Gallipoli	Women's rights before 1900
Causes of WWI	Contribution of the Empire	Women's role in WWI
Propaganda	The End of the War	Suffragettes and spotlight on Emily Davidson
Life in the trenches	The Treaty of Versailles	
Trenches re-enactment	WWI Assessment	Impact and reflection on women's rights throughout the world

History

Lent 2	Summer 1	Summer 2
Inter-war years and the Rise of Hitler	Second World War	Second World War
Consequences of the Treaty of Versailles	Outbreak of War	Life on the Homefront
League of Nations – establishment and failure	Spotlight on the Western Front and Dunkirk	The War in the Pacific
The Rise of Hitler	The Eastern Front	The End of the War
Nazism - its impact on Germany and Europe	D-Day	Nuclear Weapons project planning and assessment
	The Holocaust	The immediate aftermath of the war
Appeasement and the lead up to War		Assessment

Geography

Michaelmas 1	Michaelmas 2	Lent 1
Dawn of the Anthropocene	Weather Tantrums: Extreme weather	The Bright Lights of the City
Population patterns across the world	events The formation of Hurricanes, cyclones,	An introduction to urbanisation and migration
Introducing the link between population and environmental impact: the Anthropocene. World populations then and now, world population distribution, the demographic transition model, population pyramids, social, economic,	typhoons, tornadoes and waterspouts, thunder and lightning, monsoons & floods, drought and heatwave, UK 2018 extremes (Beast from the East, summer drought) 2019 hottest temperature on record in Cambridge). UK flooding 2019,	Students will learn about global patterns in Urban change, the mechanisms for this rapid change and the resultant rise of the megacity.
cultural, political and environmental reasons for rapid population growth in	Storm of 1987	Students will learn about how to describe urban environments.
LEDCs (and the UK/ MEDCs historically), the significance of the Industrial Revolution on population change.	How we might be contributing to this extreme weather through climate change	Students will look at urbanisation in the UK (MEDC) and in particular Liverpool and the opportunities and challenges
		presented by urban change in richer

parts of the world.

Geography

Lent 2	Summer 1	Summer 2
Blue Planet	Shrinking World	Frozen Planet
Students will look at the oceans and how it is that we use these. This will focus on the impacts that we are having onto the Oceans.	This topic looks into what Globalisation is and how this impacts a range of different people and places, both positively and negatively. This follows on the theme of sustainability.	Students will look at how ice has shaped the UK historically. As well as this, it will then look into how we have developed these areas since and the impacts we are having upon them.
What are ocean's like? Why are ocean's important? How do we use the oceans? Do we affect the oceans?	What is Globalisation? How do economic sectors link? Is tourism sustainable?	What are glaciers? What landforms are formed by erosion? What landforms are formed by
How are we impacting the oceans?	Is Globalisation good or bad? What should be done in Daintree?	deposition? How do we use glacial landscapes? What conflicts are there?

Michaelmas 1 & 2	Lent 1 & 2	Summer 1 & 2
What makes us human	Religion human rights and social justice	Crime and Punishment
What makes us human introduction	Justice and the correct use of wealth	Why do people commit crimes?
How much is a human worth?	Wealth, inequality and poverty	What is the point in punishment
Are humans special?	Christianity, homophobia and sexism	Are criminals evil?
What is the purpose of human life?	Religion and racism	The Death Penalty
How free are we?	Human rights and their background in	
What does the future hold?	religion	

Classics

Michaelmas 1	Michaelmas 2	Lent 1
Mythology and Revision	Suburani Chapter 10	Suburani Chapter 11
Nouns and Cases (Nominative, Accusative, Dative)	pax Romana - Adjectives	Ostia
Other Tenses of the Verb 'to be' Creation of the Olympians (1) - Assessment	pax Romana – Sulis Minerva and Roman religion re-cap	ad Galliam – Assessment for genitive singular
The Genitive Case, -que, Infinitives Perfect Tense	magnum periculum – Adjectives Assessment	piratae
Creation of the Olympians (2) - Assessment The Ablative Case	magnum periculum – Aquae Sulis complex + Essay Style Question	tempestas - Assessment for genitive plural
Introducing Adjectives	The Gorgons	Pirates in the Mediterranean – Essay Style Question

Classics

Lent 2	Summer 1	Summer 2
Aeneas	Suburani Chapter 13	Theatre (cont.)
Aeneas and Creusa	Relative clauses and pronouns	History
The journey begins	in theatro – Assessment for relatives	Which was the most entertaining genre
The Trojans depart from Crete	Theatre	of Roman theatre?
Two contrasting receptions	Pyramus and Thisbe	Write your own play.
Scylla and Charybdis	Pantomime	
Danger in Sicily		

Michaelmas

Animal and Monsters

Students will consider how anatomy and posture can help us represent animals in various poses using images to understand an animal body three dimensionally. The cultural use of animals in heraldry and other forms will help to explore how animals represent symbolic human characteristics. Creating shadow puppets will allow them to further this understanding before they develop ideas for a fantasy creature. This creature will be realised three dimensionally building up the body as an armature and then a clay sculpture. These forms may or may not be fired, depending on the processes used.

Lent & Summer 1&2

Design Technology: Hats

Using the subject of hats students will explore Design Technology processes for textiles. Considering the function and decorative potential of hats we will use iterative design to refine ideas. The selected design will then be made into a pattern and assembled in appropriate fabrics using sewing machines. The function of hats as practical and decorative accessories will be explored and the work of several core designers will be considered.

Pattern design and embroidery techniques will be experimented with to personalise and complete the hats. Lent & Summer 1&2

Surrealism

Students will explore fantasy themes such as dream scenes and M C Escher's impossible geometries to devise images that defy the rules of illusionistic space.

Collaged photographic images will be used to generate ideas and explore breaking the rules of scale, gravity, perspective and so forth.

Students will paint a version of their design as a culmination to their KS3 Art studies.

General Studies

Lent 2	Summer 1	Summer 2
Careers Unit Why Would Someone Employ Me? How to get a job. What makes me employable. Using and creating a CV What are apprenticeships? What are my skills and qualities. CAREERS FAIR & FEEDBACK FOUNDATION PROJECT QUALIFICATION	FOUNDATION PROJECT QUALIFICATION	FOUNDATION PROJECT QUALIFICATION

Music

Michaelmas 1	Michaelmas 2	Lent 1
The history of the Blues starting with the slave trade. Study of Delta Blues, City Blues and Rhythm and Blues. Research – project on the history of the blues including a listening task.	The Blues chord structure and features of melody and lyrics. Performing a jazz piece based on the 12-bar blues chord sequence. Develop an understanding of jazz improvisation through listening and practical work.	Music through the decades – 1950s. Focus on Elvis Presley and the impact he has had on popular music. Performance of 'Hound Dog'.

Lent 2	Summer 1	Summer 2
Music through the decades – 1960s. Focus on The Beatles, Skiffle, Rolling Stones and Bob Dylan.	Music through the decades – 1970s and 80s. Focus on Reggae, Ska, Punk, Rap and Hip-Hop.	School of Rock – prepare a performance of a song from this school-based film.
Protest songs – analysis of a variety of popular songs with politically motivated lyrics.	History of audio technology. Research – to prepare a presentation on a style of music from the decades studied.	Alternative – compose a piece of music based on Pachelbel's Canon.
Write own lyrics based on what they have learnt thus far.		

Drama

Michaelmas 1	Michaelmas 2	Lent 1
Exploration of Genre and Technique:	Stanislavski – Rehearsal Techniques	Practical exploration of theme of 'War'
Horror Thriller Tension Stage Combat	Using theatre practitioner Stanislavski's method to explore text and develop character	Students will rehearse scripted scenes, devise their own work and explore Frantic Assembly's unique style of creating theatre.

Lent 2	Summer 1	Summer 2
Rehearsal and preparation for Showcase	The Exam by Andy Hamilton	Devising from Stimulus –
Students will work together and collaborate with the rest of the year group to bring their ideas together for live performance.	Practical exploration of the play. Developing character, blocking for rehearsal, using stylised techniques to enhance performance. Presenting comedy effectively on stage.	including poetry, photography and music. Students collaborating to create their own original material for performance from a given stimulus.

Spanish

Michaelmas 1	Michaelmas 2	Lent 1
Talking about things you like; Describing	Talking about life as a celebrity; Jobs;	New Year's resolutions; Future plans;
your week, films and your birthday;	Saying what you have to do at work;	Describing your job; Describing your diet;
Translation skills; The present tense of	Saying what job you would like to do;	Talking about an active lifestyle; More
regular verbs; The present tense of	Translation skills; Using three tenses	practice with near future tense and using
irregular verbs; Using the near future and	together; Using tener que; Revision of	three tenses together; Using direct object
the preterite tenses	adjectival agreement.	pronouns; Stem-changing verbs

Lent 2	Summer 1	Summer 2
Daily routine; Talking about getting fit; Body parts, illnesses, saying what's wrong with you; Reflexive verbs; Using se debe / no se debe; Using me duele(n)Creating ; complex sentences using different structures and features; Translation skills	Recycling; Describing how your town has changed; Meeting and greeting people.; Talking about a treasure hunt; Using se deberia.; Using para + infinitive; Introducing the imperfect tense; Using expressions with tener; Using the superlative	Discussing buying souvenirs; Saying what you will do; The comparative; The simple future tense; End-of-year assessment in listening, speaking, reading and writing; Talking about summer holidays.

French

Michaelmas 1	Michaelmas 2	Lent 1
Teenage social life; Talking about Facebook; Giving your opinion about someone; Arranging to go out; Describing a date; Describing a music event; Translation skills; Using direct object pronouns; Using three tenses - perfect, present and near future	Health and fitness; The parts of the body; Talking about sport.; Healthy eating; Making plans to get fit and describing levels of fitness; Translation skills; Using à and the definite article.; Using il faut; Using the future tense and using it with the perfect and present tenses; Using masculine and feminine nouns.	Jobs and career plans; Describing jobs.; Learning languages; what you used to do; Discussing your future and your past; Translation skills; Using modal verbs; Using the imperfect and future tenses

expressions with avoir; Using direct object pronouns; Using *si* in complex sentences; Using complex structures.

Lent 2	Summer 1	Summer 2
Talking about your job; Discussing holidays; Imagining adventure holidays; Translation skills; Using different tenses together; Asking questions using inversion; Using the conditional tense.	Talking about what you take with you on holiday; Describing what happened on holiday; Visiting a tourist attraction; Translation skills; Using reflexive verbs; Combining different tenses; Using emphatic pronouns.	Discussing what you are allowed to do. Explaining what's important to you - morals, ethics and world social issues. Talking about things you buy - ethical shopping; Describing what makes you happy; Translation skills; Using

Mandarin

Michaelmas 1	Michaelmas 2	Lent 1
Question : How; Revising greetings; Learning to say negative sentences; Asking and answering about nationalities; Talking about family, what languages spoken at home and hobbies; Asking people where they live and where they would like to have holidays.	Doing something with someone 和/跟 一起Means of Transport:坐; 骑; Future Tense:; Subject +想+verb (+object)+吗?; Subject + 想; +verb (+object); Past Tense:Subject + verb + 了 + object +吗; Subject + verb + 了 + object	Doing something with someone 和/跟 一起Means of Transport:坐;骑; Future Tense:; Subject +想+verb (+object)+吗?; Subject + 想; +verb (+object); Past Tense:Subject + verb + 了 + object +吗; Subject + verb + 了 + object
		Adjectives for describing people; Negative \mathbf{T} (bù) for adjectives; Tool, also in sentences \mathbf{H} (vě): There is/are \mathbf{T} How

in sentences 也 (yě); There is/are ...; How to use 'on' and 'under' in sentences; Measure words: 个、把、张Revising past tense.

Mandarin

Lent 2	Summer 1	Summer 2
Talking about clothes and describing colours in two different ways; Music and non-sports interests; Sport – revising vocabulary for individual sport; Clarify verbs 打 vs 做 vs 玩; Explain use of 'can' (会、能、可以)#; Using 'both' and 'all'.	Introducing Subordinate Clause; Time indicators in a sentence: bigger unit first, then smaller unit; Doing something in a place: place first, then action; Positions in Chinese: place first, then preposition; Functional dialogue: Making plans for meeting up in town; Linking word: because	Future Tense:I want to play basketball in the park tomorrow 明天我要去公园打篮; Comparison: 比; My bedroom is smaller than my younger sister's; 我的卧室比妹 妹的小。Future tense (negative):你想 做演员吗?,我想做演员。,我不想做演 员。,是不是=是吗 in a yes/no question

Michaelmas 1	Michaelmas2	Lent 1
Rugby/Tag Rugby/Hockey	Rugby/Tag Rugby/Hockey	Football/Lacrosse/Tag Rugby
Pupils split into competitive and recreational groups	Pupils split into competitive and recreational groups	Pupils split into competitive and recreational groups
All pupils to learn the skills involved in the game and the competitive groups to apply these skills into fast paced competitive games.	All pupils to learn the skills involved in the game and the competitive groups to apply these skills into fast paced competitive games.	All pupils to learn the skills involved in the game and the competitive groups to apply these skills into fast paced competitive games.
To be able to perform in a competition with outstanding sportsmanship	To be able to perform in a competition with outstanding sportsmanship	To be able to perform in a competition with outstanding sportsmanship
Table Tennis	Health Related exercise	Basketball
Pupils develop skills in serving, returning, and other types of shots. Pupils develop knowledge for the rules of table tennis and scoring in singles and doubles game play.	Yoga, Dance, HIIT, Circuits, Boxercise Knowing how to warm up and cool down effectively Taking heart rate and breathing rate and understanding the importance of monitoring these. Different types of exercises for different muscles and to improve different areas of fitness Designing own exercise routine	To further develop skills in: passing, shooting, footwork, defending, game play, positions and tactical play in attack and defence

Lent 2	Summer 1	Summer 2
Lent 2Football/ LacrossePupils split into competitive and recreational groupsAll pupils to learn the skills involved in the game and the competitive groups to apply these skills into fast paced competitive games.To be able to perform in a competition with outstanding sportsmanship	TennisDeveloping skills and knowledge inServes, different types of shots, footwork, tactical play, sequences and scoring.AthleticsPerforming at Maximal levels	AthleticsPerforming at Maximal levelsLearning and developing skills inRunning Short and long distanceJumping, long jump and high jumpThrowingShot putt, JavelinCricketTo be able to under arm throw and lowcradle catch a ball accuratelyTo be able to over arm throw and high cradlecatch a ball accurately
Netball/Handball To further develop skills in: passing, shooting, footwork, defending, game play, positions and tactical play in attack and defence	Learning and developing skills in Running Short and long distance Jumping, long jump and high jump Throwing Shot putt, Javelin	To be able to perform an around the side throw and cradle catch a ball accurately To perform simple or complex over arm bowling accurately with consistency. To be able to bat the ball in a variety of ways To be able to create fielding and batting tactics To be able to perform in a competition with outstanding sportsmanship To be able to create fielding and batting tactics

PSHCEE

Michaelmas 1	Michaelmas 1	Lent 2
 Michaelmas 1 Being Me in My world How do I fit in to the world I live in Understanding how identity is affected by a range of factors I Understand how peer pressure operates within groups I can recognise how I present myself online I understand what can influence my behaviour online I can maintain positive relationships online and offline 	 Michaelmas 1 Celebrating Differences I understand what prejudice and discrimination are. I can challenge my own and others attitudes and values and accept difference in others I understand what stereotyping is and the impact it can have in society I know what the equality act is and how this affects people from day to day I can understand what bullying is and what it is not and some of the motivations behind bullying behaviours I understand how respect has an impact on relationships 	 Jent 2 Dreams and Goals 1) I can identify my dreams and goals and recognise that these may change over time. 2) I can identify some of the skills that may benefit my future, including employment. 3) I can use my experiences, including mistakes and setbacks, to make appropriate changes to my plans and behaviour. 4) I can explain how responsible choices enable me to move towards my dreams and goals. I can give an example of when an irresponsible or unsafe choice could affect a person's dreams and goals. 5) I can demonstrate how to respond to a situation requiring first aid. I can give an example of when an irrespond to a situation requiring first aid. I can give an example of when an irrespond to a situation requiring first and goals. 6) I understand that the choices I make affect my relationships, health and future.

PSHCEE

Lent 2	Summer 1	Summer 2
Healthy Me	Relationships	Changing Me
 I can explain ways to help myself when I feel stressed I understand how health can be affected by emotions and know a range of ways to keep myself well and happy. I recognise when I feel stressed, and the triggers associated with this. I understand how physical activity can help combat stress. I know about different substances and the effects they have on the body and why some people use them. I understand the positive impact of healthy lifestyle choices such as good nutrition, exercise and sleep on my body and mind. I understand the role of vaccinations and can explain differing views on this. I can summarise some key things I can do to sustain my wellbeing. 	 I can identify characteristics and benefits of positive, strong, supportive, relationships. I understand what expectations might be of having a romantic/ attraction relationship. I understand what is meant by consent. I can identify the supportive relationships in my life. I know that relationships change and suggest how to manage this. I can identify why people sometimes fall out. I can suggest ways to manage conflict within my friendship group. I can understand that discernment is an important skill when being a consumer of media. I can recognise when to use assertiveness in some of my relationships. I can understand the personal and legal consequences of sexting. I can understand what it meant by consent. I can summarise behaviours and attitudes that could make a relationship healthy or unhealthy and can explain what discernment is 	 1)I can understand the changes that happen during puberty. I understand that practices such as Female Genital Mutilation and breast ironing are forms of abuse. I know where to access help if I am worried or concerned about puberty or abuse. 2) I know how a baby is conceived naturally. I know that there are other ways a baby can be conceived e.g. IVF. I understand how a baby develops inside the uterus and is born. 3) I know there are different types of committed stable relationships and that some people may choose to have children or not. I can make links between positive, healthy family relationships and effective parenting. I can identify some of the roles and responsibilities of being a parent. 4) I know that the media can have a positive or negative impact on a person's self-esteem or body image. I know where to go for help if I am worried about my body image or self-esteem. 5) I know some of the changes in my brain during puberty. I understand some of the emotional changes during puberty. I know where to access support if I am worried about adolescence. 6) I can summarise the potential impact of changes in puberty on how I feel and suggest ways to cope with the changes.