

Please write clearly in block capitals.

School

Class

Name

Teacher

KS3 PSHE

PSHE & WELLBEING

Key Stage 3 (Years 7-9) . End-of-Year Practice Paper . Set A . School PSHE

Time allowed: 1 hour

Materials

For this paper you must have:

- a pen.
- no other materials are required.

Instructions

- Use black ink or black ball-point pen.
- Answer all questions in the spaces provided.
- Do all rough work in this book.

Information

- The maximum mark for this paper is 60.
- The marks for questions are shown in brackets.
- You are reminded of the need for good English and clear presentation.

For Examiner's Use	
Question	Mark
1	
2	
3	
4	
5	
6	
TOTAL	

Answer all questions in the spaces provided.

1 This question is about physical health.

1.1 Give two things that are part of a healthy lifestyle.

[2 marks]

1.2 Why does the body need sleep?

[2 marks]

1.3 Name one effect of not getting enough sleep.

[1 mark]

1.4 What is a 'balanced diet'?

[1 mark]

1.5 Explain why exercise and a good diet are important for young people.

[4 marks]

2 This question is about mental wellbeing.

2.1 What is meant by 'mental wellbeing'?

[2 marks]

2.2 Name two things that can help someone feel good mentally.

[2 marks]

2.3 Why is it important to talk to someone if you are worried or stressed?

[2 marks]

2.4

Name one trusted adult a young person could talk to.

[1 mark]

2.5

Explain one way a young person could manage feelings of stress.

[3 marks]

3

This question is about friendships and respect.

3.1

Name two qualities of a good friend.

[2 marks]

3.2

What is 'respect'?

[2 marks]

3.3

Why might friends sometimes fall out?

[2 marks]

3.4

Describe one way to sort out a disagreement with a friend.

[2 marks]

3.5

Explain why respecting others' differences is important.

[2 marks]

4

This question is about staying safe online.

4.1

Give two ways to stay safe online.

[2 marks]

4.2

What is meant by a 'digital footprint'?

[2 marks]

4.3

Why should you think before you post something online?

[2 marks]

4.4

What should you do if you are bullied or see something upsetting online?

[2 marks]

4.5

Explain why personal information should be kept private online.

[2 marks]

5

This question is about money.

5.1

What is a 'budget'?

[2 marks]

5.2

What is the difference between 'needs' and 'wants'?

[2 marks]

5.3

Name one reason why saving money is a good idea.

[1 mark]

5.4

Describe one risk of borrowing or spending too much.

[2 marks]

5.5

Explain why it is useful to learn how to manage money as a young person.

[3 marks]

6

This question is about a real-life situation.**Read the situation below. 'A student is feeling pressured by friends to do something they are not comfortable with.'**

6.1

What is meant by 'peer pressure'?

[2 marks]

6.2

Suggest two ways the student could say no while keeping their friends.

[2 marks]

6.3

Explain why it can be difficult to resist peer pressure.

[3 marks]

6.4

Explain why it is important to make your own decisions about what is right for you.

[3 marks]

END OF QUESTIONS