



PSHE Curriculum incorporating Social, Moral, Spiritual and Cultural elements,
BUILD elements and British Values

Term 2: Physical Health and Mental Wellbeing Unit for all year groups
Medium term plan in summary and the impact it will have on all students.

1. How to manage transition.
2. How to maintain physical, mental and emotional health and wellbeing.
3. How to keep themselves safe online and the role and influence of the media on lifestyle and mental health.
4. How to assess and manage risks to health and to stay, and keep others, safe.
5. How to identify and access help, advice and support.
6. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing.
7. How to respond in an emergency including administering first aid.
8. How to understand the changing adolescent body and its impact on physical and mental health.



	Learning Objectives during Tutor Time Sessions	Learning Objectives during Assemblies
7	<p>Half term 3 - Healthy Choices</p> <ul style="list-style-type: none"> • W1: Recovery Curriculum • W2 and 3: Smoking – the effects of tobacco and smoking on the body, laws relating to smoking. Peer pressure surrounding smoking and trying what your friends want to try. • W4 and 5: Alcohol – why people drink alcohol, effects of alcohol on the body, laws relating to alcohol. • W6: Drugs – basic types of drugs (legal and illegal) and associated risks. • W7: How to maintain a healthy lifestyle. Correct choices around food. Importance of exercise to keep healthy. Links between poor diet and health (teeth, tummy aches). <p>Half term 4 - Self-awareness and online safety</p> <ul style="list-style-type: none"> • W1: Personal hygiene including how to avoid spreading germs, • W2: Dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. • W3: Self-awareness – How to talk about emotions accurately and sensitively, using the appropriate vocabulary. • W4: Menstrual Wellbeing, frequency, preparation, expectations, sports, good habits. • W5: E – safety – what I should be putting online, how do I portray myself; how do I report someone. • W6: How to identify harmful behaviours online including bullying. Where to report. • W7: Evaluation week (IT). 	<p>Assemblies:</p> <ul style="list-style-type: none"> • Happiness is linked to being connected to others. • The differences between the online and physical world. • Peer Pressure. • Mental Wellbeing. • First Aid: Bleeding.



8 **Half term 3 - Healthy choices and mental wellbeing**

- W1: Recovery Curriculum
- W2 and W3: Alcohol – different types of alcohol, physical and psychological risks associated with alcohol consumption, what constitutes low risk alcohol consumption in adulthood.
- W4: Drugs – legal and illegal drugs (revision from year 7).
- W5: Drugs – the difference between soft and hard drugs (link with addiction which will be developed in year 9).
- W6: Positive association between physical activity and promotion of mental wellbeing, risks associated with both obesity and dieting.
- W7: The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.

Half term 4 - Personal awareness, puberty and mental wellbeing

- W1: The impact of unhealthy or obsessive comparison with others online (link to setting unrealistic expectations for body image) and being aware of how people may curate a specific image of their life online.
- W2: Over- reliance on online relationship and social media and its impact on health and mental wellbeing. How to report, where to find support.
- W3: Changes in puberty and the implications for emotional and physical health.
- W4: To be able to accept helpful feedback or reject unhelpful criticism.
- W5: Recognising anger problems and knowing who to talk to try and find ways of coping with it.
- W6: Common types of mental ill health, anxiety and depression.
- W7: Evaluation week (IT).

Assemblies:

- Peer Pressure on drugs.
- Mental Wellbeing: Recognising first signs of mental wellbeing concerns.
- First Aid: Asthma and Allergies.
- The benefits and importance of physical exercise, time outdoors.



9 **Half term 3 - Healthy choices and mental wellbeing**

- W1: Recovery Curriculum
- W2 Drugs and alcohol – understand the terms dependence and drug addiction, the physical and psychological consequences of addition, link to serious mental health conditions.
- W3: The law relating to the supply and possession of illegal substances.
- W4: Awareness of the dangers of drugs which are prescribed but still present serious health risks.
- W5: Healthy eating and exercise as an approach to combat stress, the power of endorphins.
- W6: Links between an inactive lifestyle and food intake and ill health (cancer).
- W7: How to critically evaluate when something they do or are involved in has a positive or negative effect on their own mental health. (Link with food, exercise, screen time).

Half term 4 - Awareness of yourself and others, advertising and online gambling

- W1: How the media portrays young people, body image and health issues – recognising eating disorders and strategies to help yourself and others.
- W2: The risks related to online gambling including the accumulation of debt.
- W3: How advertising and information is targeted at them and how to be a discerning consumer of information online.
- W4: Personal aspirations, making the right choices in and out of school, right choices with friends and positive surroundings – starting to think about option choices.
- W5: First Aid: Choking.
- W6: Prevention of infection and treatment, use of antibiotics.
- W7: Evaluation week (IT).

Assemblies:

- Peer Pressure.
- Science related to blood, organ and stem cell donation.
- Mental Health: recognising early signs.
- First Aid: Head Injuries.
- Importance of immunization and vaccination.



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Half term 3 - Healthy choices and mental wellbeing

- W1: Recovery Curriculum
- W2: Alcohol – risks associated with drink driving, effects of alcohol on the body.
- W3: Drugs – long term effects of drug use, link to serious mental health, where to go for help.
- W4: Smoking and cancer, the benefits of quitting and how to access support to do so.
- W5: Healthy lifestyle, eating and exercise. Link between poor diet and health problems such as cancer and cardio-vascular ill health.
- W6 and W7: How to critically evaluate when something they do or are involved in has a positive or negative effect on their own and other's mental health (focus on exams, food, exercise, work life balance).

Half term 4 - Awareness of yourself and others and how to manage stress

- W1: Issues surrounding unplanned pregnancies and the abortion debate.
- W2: The benefits of regular self-examination and screening.
- W3: What is anxiety and how can we recognise early signs; where to go for help; some techniques that can help (breathing and counting).
- W4: What things can cause stress, how can we manage stress, healthy habits that will help with stress (food, sport, meditation, yoga, going out with friends) and where to go for help.
- W5: Develop self-awareness further of your own choices, words and actions and how they can impact others wellbeing.
- W6: Bleeding and shock.
- W7: Evaluation week (IT).

Assemblies:

- Peer pressure, tobacco, drugs.
- Mental Health: Managing stress.
- The benefits of community participation and voluntary and service-based activities on mental wellbeing and happiness.
- Blood, organ, stem cell donation.
- First Aid: Chest Pain.



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Half term 3 - Healthy choices and mental wellbeing

- W1: Recovery Curriculum
- W2: Alcohol – signposting concerns for self and others.
- W3: Drugs – addiction and consequences of long-term use on career, relationships, future lifestyle.
- W4: Identifying the risks and consequences of experimental and occasional substance use. Being strong enough to say no under peer pressure.
- W5: Health risks and consequences of second-hand smoke. Develop an understanding about how to prevent cancer – healthier lifestyle choices.
- W6: Nutritional information on calories, balancing energy expenditure and making better choices with food.
- W7: Different types of exercise that we can access at this age such as attending the gym, where and what to do. Impact of sport on mental health.

Half term 4 - Positive mental health

- W1 and 2: Managing mental health – stress, anxiety and depression issues – work life balance to help with this.
- W3: Causes, symptoms and treatment of mental health disorders – support services available.
- W4 and 5: Raising aspirations to be in a good frame of mind to achieve and achieve well – understanding the impact of your actions on your future.
- W6: First Aid Bone, Muscle and Joint injuries.
- W7: Evaluation week (IT).

Assemblies:

- Peer Pressure.
- Partying and risks how to enjoy safely.
- First Aid: Choking.
- Mental Wellbeing, managing stress.
- Planning your time effectively.
- Leading your career path.

PSHE Day:

- Checking themselves for cancer. Breast cancer awareness.



Impact

Year 7

- To understand how their bodies are changing, how they are feeling and why, to further develop the language that they use to talk about their bodies, health and emotions and to understand why terms associated with mental and physical health difficulties should not be used pejoratively.
- To understand Menstruation and how to manage it well.
- To understand the effects of tobacco, alcohol and drugs on physical health and the law.
- To be able to make the right choices to keep a healthy lifestyle.
- To understand the links between diet and health.
- To understand personal hygiene and dental health.
- To understand online risks, what to put online and identifying harmful behaviours online.
- To be able to deliver basic first aid in relation to bleeding.

Year 8

- To develop their knowledge on alcohol and drugs and its psychological risks, as well as understanding addiction.
- To understand the importance of good quality sleep and the positive association between exercising and mental wellbeing.
- To understand the risks associated with obesity and dieting.
- To understand the online risks of obsessive comparison with others online and its effect on their perception of body image.
- To identify the risks of online relationships, how to report and where to find support.
- To understand the changes on the adolescent body and its implication for emotional and physical health.
- To identify common types of mental health conditions, where to find support and how to help others.



Year 9

- To understand the law related to drugs and the terms dependence and drug addiction and its consequences to mental and physical health.
- To understand the risks associated to prescribed drugs.
- To understand the benefits of a healthy lifestyle for mental health and cancer prevention.
- To evaluate risks to make the right choices for their lives and the impact of bad choices on their mental health.
- To understand how the media affects young people, recognising eating disorders and how to help themselves and others.
- To understand online risks such as gambling, debt and the link between advertising and consumerism.
- To understand basic first aid, CPR and the use of the defibrillator, antibiotics and the importance of immunisation.

Year 10

- To understand the long-term risks of alcohol, tobacco and drug consumption and where to go for help.
- To understand the risks of unhealthy lifestyle associated to the cancer and heart conditions.
- To understand the benefits of community participation and voluntary work.
- To critically evaluate situations to make the right choices
- To understand the issues surrounding unplanned pregnancies and abortion.
- To understand the consequences of harmful online behaviour on others.
- To develop awareness about how own actions can impact others.
- To develop knowledge on basic first aid and organ and stem cell donation.



Year 11

- To understand the consequence of severe alcohol and drug consumption on career, relationships and future lifestyle.
- To identify the consequences and risks of experimental and occasional substance use and saying no to peer pressure.
- To develop an understanding of how to prevent cancer linked to making better choices with food.
- To know their options about gym and exercising.
- To manage mental health and understand support services available, as well as the importance of work-life balance.
- To develop knowledge on basic first aid in relation to muscles and joints.