

Physical Health and Mental Wellbeing

What is taught? When is it taught? Where is taught?

2023-2024

Theme	What should students know?	Where do they learn this?
Mental wellbeing	How to talk about their emotions accurately and sensitively, using appropriate vocabulary.	<u>Year 7: Settling in</u> Emotions Puberty <u>Year 9 Autumn 1</u> Conflict resolution
	That happiness is linked to being connected to others.	<u>Year 7: Settling in</u> Friendships <u>Year 7 Summer Growing Up:</u> Family, marriage and friendships <u>Year 9 Autumn 1</u> Conflict resolution <u>Year 11 Spring (GCSE cohort)</u> Wellbeing (inc. Mental health)
	How to recognise the early signs of mental wellbeing concerns.	<u>Year 7: Settling in</u> Handling change

		<p><u>Year 10: Mental Health</u></p> <p>Emotional health/ill health</p> <p><u>Year 11 Spring (GCSE cohort)</u></p> <p>Wellbeing (inc. Mental health)</p>
	<p>Common types of mental ill health (e.g. anxiety and depression).</p>	<p><u>Year 10: Mental Health</u></p> <p>Depression</p> <p>Anxiety</p> <p>Stress</p> <p>Eating disorders</p> <p>Self-harm & suicide</p> <p><u>Year 11 Spring (GCSE cohort)</u></p> <p>Wellbeing (inc. Mental health)</p>

	<p>How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health.</p>	<p><u>Year 7: Settling in</u> Emotions Handling change</p> <p><u>Year 7 Summer Growing Up:</u> Family, marriage and friendships Positive relationships</p> <p><u>Year 9 Autumn 1</u> Conflict resolution</p> <p><u>Year 10: Mental Health</u> Emotional health/ill health</p> <p><u>Year 11 Spring (GCSE cohort)</u> Wellbeing (inc. Mental health)</p> <p><u>L6</u> Harmful Relationships</p>
	<p>The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</p>	<p>?PE/Food Tech?</p> <p><u>Year 7 Summer Growing Up:</u> Healthy Lifestyles</p>

Internet safety and harms	<p>The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online.</p>	<p>Assembly Y7-11 November 2023</p> <p>L6 Sex and the media</p>
	<p>How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours.</p>	<p>Assembly Y7-11 November 2023</p> <p>Year 9 Autumn 1 Conflict resolution</p> <p>L6 Harmful Relationships</p>
Physical health and fitness	<p>The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress</p>	<p>?PE/Food Tech? Year 7 Summer Growing Up: Healthy Lifestyles</p>
	<p>The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between</p>	<p>?PE/Food Tech? Year 7 Summer Growing Up: Healthy Lifestyles</p>

	<p>an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.</p>	<p><u>Year 8 Science autumn term</u> Healthy weight</p> <p><u>Year 9 Science Spring or summer term</u> lifestyle and cancer and cardiovascular disease</p>
	<p>About the science relating to blood, organ and stem cell donation</p>	<p>?PE/Food Tech? <u>Year 10 Triple Biology only Spring term</u> Kidney transplants</p>
Healthy eating	<p>How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.</p>	<p>?PE/Food Tech? <u>Year 7 Summer Growing Up:</u> Healthy Lifestyles</p> <p><u>Year 9 Science Spring or summer term</u> Cancer only</p>
Drugs, alcohol and tobacco	<p>The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions.</p>	<p><u>Year 8 Summer 2</u> Drugs and the law Legal highs, alcohol, tobacco, vaping</p> <p><u>Year 10 Autumn 2</u> Alcohol Effects of drugs Lowdown on getting high Drugs research/presentations</p> <p><u>U6</u></p>

	<p>The law relating to the supply and possession of illegal substances.</p>	<p>Drugs Parties, clubbing, festivals and risks</p> <p><u>Year 8 Summer 2</u> Drugs and the law Legal highs, alcohol, tobacco, vaping</p> <p><u>Year 10 Autumn 2</u> Effects of drugs Drugs research/presentations</p> <p><u>U6</u> Drugs Parties, clubbing, festivals and risks</p>
	<p>The physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood.</p>	<p><u>Year 8 Summer 2</u> Biological effects of drugs Legal highs, alcohol, tobacco, vaping <u>Year 8 Science Autumn term</u></p> <p><u>Year 10 Autumn 2</u> Alcohol Effects of drugs Lowdown on getting high Drugs research/presentations</p> <p><u>U6</u></p>

		<p>Drugs Parties, clubbing, festivals and risks</p>
	<p>The physical and psychological consequences of addiction, including alcohol dependency.</p>	<p><u>Year 8 Summer 2</u> Biological effects of drugs Legal highs, alcohol, tobacco, vaping</p> <p><u>Year 10 Autumn 2</u> Alcohol Effects of drugs Lowdown on getting high Drugs research/presentations</p> <p><u>U6</u> Drugs Parties, clubbing, festivals and risks</p>
	<p>Awareness of the dangers of drugs which are prescribed but still present serious health risks.</p>	<p><u>Year 8 Summer 2</u> Biological effects of drugs Legal highs, alcohol, tobacco, vaping</p> <p><u>Year 10 Autumn 2</u> Lowdown on getting high Drugs research/presentations</p>

		<p><u>U6</u> Drugs Parties, clubbing, festivals and risks</p>
	<p>The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</p>	<p><u>Year 8 Summer 2</u> Biological effects of drugs Legal highs, alcohol, tobacco, vaping</p> <p><u>Year 8 Science Autumn term</u> The facts about the harms from smoking tobacco</p> <p><u>Year 10 Autumn 2</u> Drugs research/presentations</p>
Health and prevention	<p>About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics.</p>	<p>?PE/Food Tech? <u>Year 10 triple Biology and combined science autumn term</u></p>
	<p>About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.</p>	<p>?PE/Food Tech?</p>
	<p>(late secondary) The benefits of regular self-examination and screening.</p>	<p>?PE/Food Tech?</p>

	The facts and science relating to immunisation and vaccination.	?PE/Food Tech? <u>Year 10 triple Biology and combined science Autumn term</u> Science relating to immunisation and vaccination
	The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.	?PE/Food Tech?
Basic first aid	Basic treatment for common injuries. Life-saving skills, including how to administer CPR. The purpose of defibrillators and when one might be needed.	Year 7 Summer: First Aid <u>Year 10 core</u> BHF CPR <u>Year 10 GCSE drop-down day</u>
Changing adolescent body	Key facts about puberty, the changing adolescent body and menstrual wellbeing.	<u>Year 7 Summer Growing Up:</u> Puberty <u>Year 7 Science spring and/or summer term</u> Growing up
	The main changes which take place in males and females, and the implications for emotional and physical health.	<u>Year 7 Summer Growing Up:</u> Puberty