

## Physical Health & Mental Wellbeing

Area of Curriculum	What students should know	Detail of where this is taught/ topic it is placed within
<b>Mental Wellbeing</b>	<ul style="list-style-type: none"> <li>• how to talk about their emotions accurately and sensitively, using appropriate vocabulary.               <ul style="list-style-type: none"> <li>• <b>that happiness is linked to being connected to others.</b></li> </ul> </li> <li>• how to recognise the early signs of mental wellbeing issues.</li> <li>• common types of mental ill health (e.g. anxiety and depression).</li>   <li>• 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.</li> <li>• the benefits of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness.</li> </ul>	Y7 – I Matter (1 Self-esteem) Y9 – I Matter (1 Emotional Health)  Y9 – I Matter (1 Emotional Health) Y9 – I Matter (1 Emotional Health) Y10 – I Matter (1 Mental Health) Y11 – I Matter (1 Depression and Anxiety)  Y10 – I Matter (1 Mental Health)  Y9 – I Matter (1 Emotional Health) Y10 – I Matter (1 Mental Health) Y11 – I Matter (1 Depression and Anxiety)
<b>Internet safety and harms</b>	<ul style="list-style-type: none"> <li>• the similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online 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), how advertising and information is targeted at them and how to be a discerning consumer of information online.</li> <li>• how to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or get support, if they have been affected by those behaviours</li> </ul>	Y7 – I Matter (1 Self-esteem)           Y7 – I Matter (2 Cyberbullying) Y8 – I Matter (2 Relationships)
<b>Physical health and fitness</b>	<ul style="list-style-type: none"> <li>• the positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.</li> <li>• the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.</li> <li>• facts about wider issues such as organ/blood donation.</li> </ul>	Y10 – I Matter (1 Mental Health)  Y7 – Healthy Lifestyles (1 Healthy Eating) <b>Fitness units in KS3 and BTEC KS4 in PE</b>   <b>Organ donation week/blood donor day form time</b>

<b>Healthy Eating</b>	<ul style="list-style-type: none"> <li>• how to maintain healthy eating and the links between a poor diet and health risks, including eating disorders and cancer.</li> </ul>	Y7 – Healthy Lifestyles (2 Eating Disorders)
<b>Drugs, alcohol &amp; tobacco</b>	<ul style="list-style-type: none"> <li>• the facts about legal substances and illegal substances, including drug-taking, and the associated risks, including the link to serious mental health conditions.</li> <li>• the law relating to the supply and possession of illegal substances.</li> <li>• the physical and psychological risks associated with alcohol consumption and what constitutes (relatively) safe alcohol consumption.</li> <li>• the physical and psychological consequences of addiction, including alcohol dependency.</li> <li>• awareness of the dangers of drugs which are prescribed but still present serious health risks.</li> <li>• 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.</li> </ul>	<p>Y7 – Healthy Lifestyles (3 Alcohol, 4 Drugs)</p> <p>Y7 – Healthy Lifestyles (3 Alcohol, 4 Drugs)</p> <p>Y7 – Healthy Lifestyles (3 Alcohol, 4 Drugs)</p> <p>Y7 – Healthy Lifestyles (3 Alcohol, 4 Drugs)</p> <p><a href="#">Crime and Punishment RS GCSE (Causes of Crime)</a></p> <p>Y9 – Healthy Living (3 Stimulants, 4 Depressants, 5 Misuse/addiction)</p> <p>Y7 – Healthy Lifestyles (4 Drugs)</p>
<b>Health &amp; prevention</b>	<ul style="list-style-type: none"> <li>• about personal hygiene, germs (including microbes), the spread, treatment and prevention of infection, and about antibiotics.</li> <li>• about dental health and the benefits of good oral hygiene and flossing, including visits to the dentist.</li> <li>• <b>(late secondary) the benefits of regular self-examination (including screening and immunisation).</b></li> <li>• the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.</li> </ul>	<p>Y7 – Healthy Lifestyles (5 Hygiene)</p> <p>Y7 – Healthy Lifestyles (5 Hygiene)</p> <p><a href="#">Y8 - Mindfulness</a></p>
<b>Basic First Aid</b>	<ul style="list-style-type: none"> <li>• <b>basic treatment for common injuries.</b></li> <li>• life-saving skills, including how to administer CPR.</li> <li>• the purpose of defibrillators and when one might be needed.</li> </ul>	<p><a href="#">Y8 - Red Cross First Aid visit</a></p> <p><a href="#">Restart a heart week form time</a></p> <p><a href="#">Restart a heart week form time</a></p>
<b>Changing adolescent bodies</b>	<ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body.</li> <li>• the main changes which take place in males and females, and the implications for emotional and physical health.</li> </ul>	<p>Y7 – I Matter (4 Puberty and Reproduction)</p> <p>Y7 – I Matter (4 Puberty and Reproduction)</p>