

## Physical Health and Mental Wellbeing Curriculum Overview Plan: 5 year plan

Year 7	Year 8	Year 9	Year 10	Year 11
<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will gain knowledge on mental health and mental illness, they will learn some of the common misconceptions surrounding mental health Pupils will be able to identify different feelings and when feelings are everyday or overwhelming, they will be able to identify ways to improve mental wellbeing . Pupils will know that people's mental wellbeing can change through the day and identify ways they can improve their mental wellbeing and build resilience.</p> <p>Pupils will learn why dental health is important. Pupils will know how to care for their teeth including the toothpastes that are the best and the different things that can damage teeth. Pupils will also learn about different types of dental care including those for health reasons and those that are cosmetic.</p>	<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will gain knowledge of what HIV is including how it is transmitted, how to test for HIV and the treatment options for people who have HIV. Pupils will also gain knowledge of what HIV stigma is and the impact this stigma has on people who are living with HIV.</p> <p>Pupils will learn about the different types of contraceptives available including where to gain access to these contraceptives. Pupils will look at the advantages and disadvantages of different types of contraceptives and understand that not all contraceptives are suitable for all people. Pupils will gain knowledge of the correct way to use condoms including the use of the correct lubrication to prevent unplanned pregnancy. They will also look at the reasons people use emergency contraceptives and</p>	<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will learn about the different aspects of health and unhealthy lifestyles including how healthy eating, sleep and exercise can help an individual's physical and mental wellbeing. Pupils will also learn how different situations can influence people's actions in a positive and negative way. Pupils will learn about the barriers people face when they decide to lead a healthy lifestyle and what they can do to ensure they can be healthy.</p> <p>Pupils will learn about the physical and mental health benefits of being active and participating in physical activity.</p> <p>Pupils will gain an understanding of the signs and symptoms of some medical conditions and know how and why it is important to gain help and support for these. This will include HPV, Cancer and testicular health conditions</p>	<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will learn about all the options available if an unwanted pregnancy was to occur. Pupils will also learn about the impact unplanned pregnancy can have on both parents as well. Pupils will learn about the birth choices available to them in the UK and how these choices are unavailable in developing countries and that quality of care differs greatly depending on where you live in the world.</p> <p>Pupils will learn about the different choices available during childbirth including complications that could occur and how labour and cesarean sections happen. They will also learn about premature birth and the effects on both the mother and baby</p> <p>Pupils will learn about the postnatal care of the mother and baby including how to support the mother after birth and the</p>	<p><b>Key Theme:</b> Physical and Mental Health and Wellbeing</p> <p><b>Key Concepts, Knowledge &amp; Skills to be Embedded:</b> Pupils will gain knowledge and understanding of different unhealthy coping strategies including self harm and eating disorders. Pupils will understand the misconceptions surrounding these strategies to cope and will learn how to look out for these strategies in themselves and friends and family.</p> <p>Pupils will know the different signs of the common health concerns they will know about how to access help and support. Students will analyse the best sources of support and know why seeking support can be challenging.</p> <p>Pupils will learn about how what they watch in the media can affect their emotional wellbeing, including how the portrayal of mental health conditions within the media can show these conditions in a negative light.</p>

<p>Pupils will know about why sleep is important and the benefits of gaining good quality sleep. Pupils will also be able to identify why some people don't get good quality sleep.</p> <p>Pupils will learn about the benefits of physical activity and healthy eating including how people's ideas of healthy eating and physical exercise can be influenced by outside sources</p> <p><b>Links to Prior Learning:</b></p> <p><b>Tier 3 Vocabulary Vault:</b> Mental Health, emotional Wellbeing, discrimination, resilience, serotonin,</p> <p><b>Reading Exposure:</b> Benefits of Exercise task</p> <p><b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>the misconceptions surrounding emergency contraceptives</p> <p>Pupils will learn about the most common types of mental health issues.. Pupils will know some of the signs and symptoms of mental health conditions and will be able to identify strategies and treatments for each condition. Pupils will gain knowledge of what mental health and mental illness is and learn how to build resilience and healthy coping strategies that can be used in day to day life,</p> <p><b>Links to Prior Learning:</b> Year 7 - recognising wellbeing concerns and ways to improving mental wellbeing</p> <p><b>Tier 3 Vocabulary Vault:</b></p> <p><b>Reading Exposure:</b></p> <p><b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Pupils will learn about how and why blood, organ and stem cell donations work including who may need these types of donations and the reasons why. They will learn the process involved in donating blood and stem cells and how and why the organ donation process has become an opt out process rather than an opt in and the laws surrounding this change. Pupils will understand why people may need to be given blood as well what happens during the donation process</p> <p><b>Links to Prior Learning:</b> Year 7 - recognising wellbeing concerns and ways to improving mental wellbeing</p> <p><b>Tier 3 Vocabulary Vault:</b></p> <p><b>Reading Exposure:</b></p> <p><b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>signs and symptoms of postnatal depression.</p> <p>Pupils will learn about the different types of loss within pregnancy and how and why they may occur. They will also know why people may not wish to speak about their loss and the stigma and commonality of pregnancy loss.</p> <p>Pupils will learn about what abortion is, how and when it can be conducted as well as the different reasons why people may choose to have an abortion and how this affects the women's health and wellbeing.</p> <p><b>Links to Prior Learning:</b> Year 7 - Reproduction Year 9 - Fertility and ways to have children</p> <p><b>Tier 3 Vocabulary Vault:</b></p> <p><b>Reading Exposure:</b></p> <p><b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>	<p>Pupils will learn about different types of cancer and the different steps that can be taken to . check for these types of cancer as well as reasons why people may be susceptible to the cancer. Pupils will also learn about the correct ways to check for types of cancer.</p> <p>Pupils will learn about vaginal and vulval health including common misconceptions surrounding intimate health. they will know what the HPV virus is and how this can cause some types of cancer. They will also gain an understanding of how and why cervical screening test are carried out and what they check for</p> <p><b>Links to Prior Learning:</b> Y7-10 wellbeing factors and how to promote positive wellbeing Y8 common mental health issues</p> <p><b>Tier 3 Vocabulary Vault:</b></p> <p><b>Reading Exposure:</b></p> <p><b>Strategies to enable new concepts, knowledge &amp; skills to embed in long-term memory:</b> DIN activities, Diamond 9, Card sort activities, debates and class discussions</p>
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