

Central Hub Brighton – Curriculum Topic Information Sheet

Subject	Year/key stage	Term
PSHE Healthy Lifestyles	Year 7/8/9 KS3	Summer 1
Topic/s		
<ul style="list-style-type: none"> The link between physical and mental health Achieving a healthy balance (work/life) Influences on personal choices 		
Content (Intent)		
Prior Learning (Topic/s):		
<ul style="list-style-type: none"> Eatwell – balance of nutrition Rights, Responsibilities and Respect: Growth and development as a human right/ Self-respect/Responsible choices Drugs, alcohol, and substance misuse – impact on health and wellbeing 		
Future Learning (Topic/s):		
<ul style="list-style-type: none"> The benefits of healthy lifestyle choices and the consequences of poor lifestyle choices. Ways to maintain a balance in relation to work/life. How mental health impacts on overall health. Can monitor own health and wellbeing. Where to seek appropriate support connected to physical/mental health. 		
What Knowledge or Skills will be Taught? (Implementation)	How will your Understanding be Assessed and Recorded (Impact)	
Knowledge	On Going Assessment	
<ul style="list-style-type: none"> Evaluates current health/diet trends. Describes the importance of maintaining good personal hygiene (including oral hygiene) Understands the role of rest and relaxation. Recognises that regular check-ups and vaccinations support long term health. Explores media influences on body image and the impact on self-esteem 	<ul style="list-style-type: none"> Individual contributions and responses during group discussions. Completed work and independent research tasks. End of session check in. 	
Skills	Formal Assessment	
<ul style="list-style-type: none"> Identifies unhealthy coping strategies (eating disorders). Identifies common causes and triggers for mental health concerns. Begins to challenge stigma associated with mental health. Monitors own lifestyle and choices. Shows motivation to set health/wellbeing related goals. 	<ul style="list-style-type: none"> Onwards & Upwards (teacher) judgement Reports to next educational provider/other agencies as required. AQA Unit Awards 	

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SEMh Curriculum Knowledge & Skills	Assessment of SEMh Development
<p>Life skills</p> <ul style="list-style-type: none"> Independence and positive personal choices Motivation and goal setting <p>Self-esteem</p> <ul style="list-style-type: none"> That there are behaviors and activities that enhance wellbeing and self-esteem. That looking after yourself will help a person navigate stress, pain, and change. That there are people and places where they can get appropriate help when they need support. <p>Emotional Resilience</p> <ul style="list-style-type: none"> Recognize some behaviors in another person as well as in themselves that may indicate low feeling low. That personal achievements can have a positive impact upon confidence and wellbeing. 	<ul style="list-style-type: none"> Pre and post topic evaluation Reach 2 Teach

How Can Families Help at Home?

Ensure young people access regular health check-ups.
 Suggest independent discussions with the school nurse at drop-ins.
 Encourage appropriate sleep patterns.
 Engage in outdoor pursuits as a family.
 Discuss worrying statistics around eating fads/trends.

Helpful Further Reading/Discussion (including Reading and Vocabulary Lists)

Reading	Vocabulary Lists																																								
https://www.besthealthmag.ca/best-eats/diet/10-fad-diets-last-10-years/ https://www.piedmont.org/living-better/7-fun-facts-about-sweat https://www.youtube.com/watch?v=dqONk48I5vY https://youngminds.org.uk https://youngminds.org.uk/find-help/feelings-and-symptoms/body-image/#where-to-get-help-	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;">Indulgence</td> <td style="width: 25%;">Calories/energy</td> <td style="width: 25%;">Vitamins/minerals</td> <td style="width: 25%;"></td> </tr> <tr> <td>Fads</td> <td>Disorder</td> <td>Visceral fat</td> <td>BMI</td> </tr> <tr> <td>Plaque</td> <td>Fluoride</td> <td></td> <td></td> </tr> <tr> <td>Muscle tone</td> <td>Optimise</td> <td></td> <td></td> </tr> <tr> <td>REM sleep</td> <td>Replenish</td> <td>Rejuvenate</td> <td>Relaxation</td> </tr> <tr> <td>Deprivation</td> <td>Fatigue</td> <td></td> <td></td> </tr> <tr> <td>Stress</td> <td>Anxiety</td> <td>Depression</td> <td>Regulate</td> </tr> <tr> <td>Resilience</td> <td>Coping</td> <td>Cosmetic surgery</td> <td></td> </tr> <tr> <td>Immunisation</td> <td>Preventable</td> <td>Antibodies</td> <td></td> </tr> <tr> <td>Herd immunity</td> <td></td> <td></td> <td></td> </tr> </table>	Indulgence	Calories/energy	Vitamins/minerals		Fads	Disorder	Visceral fat	BMI	Plaque	Fluoride			Muscle tone	Optimise			REM sleep	Replenish	Rejuvenate	Relaxation	Deprivation	Fatigue			Stress	Anxiety	Depression	Regulate	Resilience	Coping	Cosmetic surgery		Immunisation	Preventable	Antibodies		Herd immunity			
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