

PSHE Health Education Upper School Long Term Plan

<u>Term</u>	<u>Topic</u>	<u>Lesson objectives</u>
Autumn 1	Mental wellbeing	<ul style="list-style-type: none"> • How to talk about their emotions • That happiness is linked to being connected to others • How to recognise the early signs of mental wellbeing concerns • Common types of mental ill health e.g. anxiety and depression • How their actions can have a positive or negative effect on their own or others' mental health • The benefits of exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness
Autumn 2	Internet safety and harms	<ul style="list-style-type: none"> • The difference between the online world and the physical world e.g. comparison with others online • How people curate a specific image of their life online • Over-reliance on online relationships including social media • The risks related to online gambling • How advertising and information is targeted at them and how to be a discerning consumer of info online • How to identify harmful behaviours online • How to report and find support and if they have been affected by those behaviours
Spring 1	Physical health and Fitness / Healthy Eating	<ul style="list-style-type: none"> • Positive links between physical activity and mental wellbeing • What constitutes a healthy lifestyle e.g. maintaining a healthy weight • Links between an inactive lifestyle and ill health e.g. cancer and cardio-vascular ill health • How to maintain a healthy eating diet • The links between poor diet with cancer and tooth decay
Spring 2	Drugs, Alcohol and Tobacco	<ul style="list-style-type: none"> • The facts and risks about legal and illegal drugs • The link between drug use and serious mental health conditions

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		<ul style="list-style-type: none">• The laws relating to the supply and possession of illegal substances• The physical and physiological risks associated with alcohol consumptions• What constitutes a low-risk alcohol consumption in adulthood• What addiction means -the physical and psychological consequences of addiction, including alcohol dependency• Awareness and health risks of prescribed drugs• Facts and harms of smoking e.g. lung cancer• The benefits of quitting smoking and how to access support
Summer 1	Health and Prevention	<ul style="list-style-type: none">• Personal hygiene – how to keep personal hygiene levels up independently• Germs, viruses and bacteria -how they are spread, treatment and prevention of infection, antibiotics• Dental health e.g. benefits of good oral hygiene, flossing, healthy eating (sweets), importance of regular check-ups at the dentist• The importance of sufficient good quality sleep and how lack of sleep can affect weight, mood and the ability to learn• Facts of science relating to immunisation and vaccination• Benefits of regular self-examination and screening
Summer 2	Basic First Aid	<ul style="list-style-type: none">• Basic treatment for common injuries• Life-saving skills, including how administer CPR and the purpose of defibrillators and when one might be needed