

**PSHE Health Education Upper School Long Term Plan**

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

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