



PSHE Curriculum incorporating Social, Moral, Spiritual and Cultural elements,
BUILD elements and British Values

**Term 1: Physical Health and Mental Wellbeing Unit for students attending the Breakfast Club.
Medium term plan in summary and the impact it will have.**

1. How to manage transition.
2. Support for the students around maintaining physical, mental and emotional health and wellbeing.
3. How to keep themselves safe online and the role and influence of the media on lifestyle and mental health.
4. How to assess and manage risks to health and to stay, and keep others, safe. How to find help in school/public in an emergency situation.
5. How to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; emotional health and wellbeing. To understand what addiction is.
6. To understand what peer pressure is and what to do if they feel they are being pressured by their peers.
7. To understand how the adolescent body changes during puberty.
8. To know the importance of personal hygiene and how to stay hygienic.
9. To understand which behaviours are appropriate for public, and which are only appropriate in private. To understand the importance of personal space.
10. How to identify and access help, advice and support both in and out of school.



Medium term plan – Term 1: Health and Wellbeing Unit

| | Intention | Implementation | Links to other areas |
|------------|---|--|--|
| AC PSHE | Half Term 1: Healthy Choices <ul style="list-style-type: none"> HT1 W1: Smoking – the effects of tobacco and smoking on the body, laws relating to smoking. HT1 W2: Alcohol – what is alcohol, effects of alcohol on the body, laws relating to alcohol. HT1 W3: Drugs – Legal and illegal drugs, effects on the body, addiction. HT1 W4: Peer Pressure – what to do if you think you are being pressured by your peers. What to do in an emergency situation. HT1 W5: Healthy Lifestyle – Balanced Diet HT1 W6: Healthy Lifestyle – Exercise & Sleep | Tutor time Activities Discussions PPT's Scenario's (role play between members of staff) Short video clips | British values – British Laws, making a positive contribution to society Social – the laws and what you can and can't do in society Moral – right and wrong choices Spiritual – self-awareness and their mental and physical development Cultural – tolerance and awareness of others with different health issues |
| | Half Term 2: Awareness of yourself and others <ul style="list-style-type: none"> HT2 W1: Personal hygiene – importance of; handwashing, dental health, keeping ourselves clean. Why is this so important? (key times to wash) HT2 W2: Public v Private: Know which behaviours are appropriate where and the importance of personal space. HT2 W3: Self-awareness: Changes in the body during puberty and what to do if you are worried about a change. HT2 W4: Menstrual Wellbeing - frequency, preparation, expectations, good habits. HT2 W5: E-safety – social media & what I should be putting online, how do I portray myself; how do I report someone. Online relationships. HT2 W6: The media's portrayal of young people/ unrealistic standards. Effect on confidence and self-esteem. | One to One sessions with key pupils Current affairs – linked into weekly topic Assemblies Access to online resources for further information. | Personal progress – sessions around personal hygiene, personal space and understanding dangers of strangers. One to One Sessions – emotional support and space to ask personal questions Zones of Regulation School Counsellor External Agency Support PSHE days & guest speakers |



AC PSHE – Impact

- To understand how our bodies, change and how this can affect us mentally and physically.
- To develop language that students can use to talk about their bodies, health and emotions and to understand how these should be used appropriately.
- To know and understand changes that take place in the body during puberty and to understand how to manage Menstruation.
- To understand what tobacco, alcohol and both legal and illegal drugs are and to understand the effects these have on physical health.
- To understand age limits for alcohol and tobacco and understand what addiction is.
- To understand a balanced diet and to be able to make informed choices to keep a healthy lifestyle.
- To understand personal hygiene, dental health and the importance of these.
- To understand appropriate behaviours for public and private settings.
- To understand why personal space is important.
- To understand online risks, what to put online and identifying harmful behaviours online.
- To know how to handle an emergency situation.
- To know where to find support for all topics, both in and out of school.