



Health Education Curriculum mapping (Enrichment Days 2021-2022)

Year 7

First Aid

Different types of injuries and how they can be treated.

Development of life-saving skills. E.g. how to administer CPR, the purpose of defibrillators and when one might be needed.

This is completed on an ED by either St. Johns Ambulance Service or East Midlands Ambulance Service. We are looking to do a session with Year 8 in 2021/22 as this was missed due to COVID.

Harmful online behaviours

There are different types of bullying and harassment.

What are the impacts of bullying on an individual.

If a student has been bullied or knows someone who is / has been bullied then how do they report this to help deal with the situation.

Smoking and vaping

There is a difference between smoking and vaping.

There are many reasons why people start smoking and/or vaping.

There are many substances that people breathe in when smoking and/or vaping.

There are many health risks and dangers of smoking and breathing in 'second hand smoke'.

Healthy diet

There is a difference between healthy and unhealthy diets. Students will discuss and learn about how to maintain a healthy and balanced diet.

Students will learn about the different food groups and identify which food goes with each group.

How does a healthy and unhealthy diets link to weight, alongside impacting the body.

Personal hygiene

Students will learn the importance of keeping clean, types of germs and how this can lead to common colds and illnesses.

Sleep and physical exercise

About how physical exercise and screen time impact sleep patterns.

The importance of sleep and how this can impact day-to-day activities.

Content covered during year 7 citizenship

The characteristics of healthy eating and how unhealthy diets can cause eating disorders, e.g. anorexia and obesity.

Defining mental health and why it is important to learn about it. The four main types of mental health: Psychological, Social, Biological, Environmental. Learn about how relationships can impact on mental health. What are the causes, impacts and ways to deal with mental health? Distinguish the difference between anxiety and depression.



The impact of social media and screen times on living a healthy lifestyle.

What is meant by the term addiction, types of addictions (substance and behavioural addiction) and the addiction cycle.

The link between how healthy / unhealthy relationships causes mood swings leading to happiness and unhappiness.

The impact of puberty on an adolescent body learning about both physical and emotional changes, including mood swings and behavioural changes.

Year 8

Harmful behaviours online

Students will develop their understanding of online risks associated to social media. These will include online bullying, abuse and harassment. This will also be linked to body image and the impact of online relationships.

Dental health

There are many positives about keeping and maintaining good oral hygiene. Students will develop an understanding of how to do this and the dangers with unhealthy teeth. The importance of regular visits to the dentist.

Alcohol consumption

Understanding how alcohol can be addictive and dangerous to the human body. The risks and consequences of alcohol consumption. Students will learn about the legal age of alcohol consumption.

Smoking and vaping

Students will develop an understanding of long-term effects of smoking and vaping and the issues it causes vital organs.

Supply and possession of illegal substances e.g. drugs

There is a difference between possession and supply of illegal substances. Investigating what is meant by possession with the intent of supply and possession for personal use. Risks, dangers and consequences of possessing, supplying and taking substances like drugs.

Mental wellbeing

The different types of mental wellbeing, being aware by building resilience to mental wellbeing of yours and others feelings to help deal and cope with mental wellbeing. Examples of techniques that can be used to help you to focus on the positives.



Year 9

Drug substances and mental health

Learning about how legal and illegal substances cause serious mental health conditions. Discuss drug dealing and the possible criminal offences with supply and possession of these illegal substances. Causes and consequences of alcohol and drug abuse.

Body image online

Unrealistic body images online change your perception of yourself. E.g. music videos. Describing how people can become obsessed with the way they look, which they think 'is never good enough'. How does this impact mental health?

Healthy eating

The long-term effects of an unhealthy diet e.g. eating disorders and cancer.

Year 10

Evaluating incidents that have positive or negative impacts on mental health

MIND (mental health charity). Discussing mental health awareness, the mental health continuum and how to tackle mental wellbeing.

Healthy lifestyles

The importance of regular exercise, sleep and diet. Discussing how this can impact mental health. Issues with an inactive lifestyle causing cancer and cardio-vascular illnesses.

Drugs and tobacco

The dangers of drugs and tobacco and how does substance addictions cause serious mental health problems.

The benefits of regular self-examination (including screening and immunisation)

Describe what is meant by self-examination and why it is important to do so. Identify what to check for when self-examining.

Learn the difference between screening and immunisation.

Year 11

Stress

The difference between stress and anxiety. The signs and symptoms of stress. What is the impact on our body (in particular brains) during times of stress.

Learn which types of stress are positive and negative and why.

People coping and controlling stress through physical activity and emotional wellbeing.

Learn about how stress links to alcohol, drugs and diet.



Drugs and gangs

Discussion about what is meant by County Lines. Difference between the dangers of drug groups and joining gangs and how this may lead to crime.

Incidents that impact mental health

Examples of how mental health can be positively or negatively impacted.

Organ and blood donations

Distinguish why people give blood and donate organs. Learn about how people get to donate blood and organs and why people do it.

Other:

Anti-bullying week (November)

How to talk about bullying accurately and sensitively, using appropriate vocabulary.

- Discussing key aspects of bullying and promoting a positive environment for students using appropriate terminology that is used throughout all lessons in Enrichment Days and Citizenship

Mental awareness week (May)

How to talk about their emotions accurately and sensitively, using appropriate vocabulary

- Discussing emotions accurately, sensitively and using appropriate terminology is used throughout all lessons in Enrichment Days and Citizenship

A new theme for anti-bullying week and mental awareness week occurs each year, which John Port Spencer Academy will deliver accordingly.