

CURRICULUM – PSHE Spring Term 2

Key stage 3

What is being taught?

Year 7 learners start to investigate all the aspects associated with having a healthy lifestyle. Understanding the importance of having a healthy body and mind and how can this be achieved for different people with practical activities to experience a positive feeling.

Year 8 will be given the opportunity to understand body image and what it means to different people. The impact body image has in the media both positive and negative as well as in relationship and friendship groups. There will be the opportunity to review the current state of social media regarding this topic.

Year 9 will start a new unit to allow them to investigate healthy lifestyles and build upon knowledge gained in previous years. This will cover positive and negative aspects of a healthy lifestyle and incorporate where help can be found if needed by an individual and the organisations to approach.

How is it being taught?

Year 7 will be taught what the World Health Organisation deem as a complete state of physical fitness there will be class-based lesson mixed with practical lesson and possible visits to places that can help with people working towards achieving a healthy lifestyle.

Year 8 will be using case studies personal experiences and discussion to develop their knowledge of body image. They will then change to conduct surveys and draw conclusion on what people think about body image and the impact it has on society.

Year 9 will use research methods, class discussion to build up a portfolio of knowledge for what constitutes healthy lifestyle. They will then use their work to complete a booklet showing their thoughts to work towards a qualification.

Key stage 4

What is being taught?

The vocational learner will be building upon their knowledge gained through year 9 but then delving deeper in all the aspects covered. There will be the opportunity for external speaker and visits to places that can help with a positive lifestyle.

How is it being taught?

The vocational pathway will use practical and theory lessons to help them create a greater understanding of what is meant to have a healthy lifestyle. Reviewing what people eat to their level of physical activity and how other people relax and how it makes them feel. They will then use their knowledge to complete a booklet towards their potential qualification.