

## CURRICULUM – Relationships

### Key stage 3

#### *What is being taught?*

Year 7 learners start to investigate all the aspects associated with mental health. Defining what is mental health and understanding the importance of a positive mental health. Investigating factors that can affect mental health and where there is support for mental health.

Year 8 will be given the opportunity to understand the importance of physical health. The impact having good physical can have on the body and mind and how it can be achieved easily through theory and practical ways.

Year 9 will start a to investigate healthy lifestyles and build upon knowledge gained in previous years. This unit investigates smoking and alcohol the dangers both sort and long term affects both mental and physical and o their wellbeing. They will also understand the social implications of both substances and where help can be found.

#### *How is it being taught?*

Year 7 will be taught to understand the importance of having a positive mental health and the impact that a poor mental health can have on them and others. There will be the opportunity to experience practical sessions to help improve mental health and wellbeing.

Year 8 will be using case studies personal experiences and discussion to develop their knowledge of the benefits of physical health. Experience physical lesson to help improve their understanding and the benefits of having an active lifestyle.

Year 9 will use research methods, class discussion to build up a portfolio of knowledge for what smoking, and alcohol can do to the body short- and long-term effects. There will be the opportunity to speak to have guest speakers in to talk about the topics in this unit of work. From the knowledge they gain through the lesson they complete a booklet showing their thoughts and understanding and working towards a qualification.

### Key stage 4

#### *What is being taught?*

The vocational learner will be building upon their knowledge gained through y9 but then delving deeper in all the aspects covered. This term they will be looking ad adolescent mental health what can influence their mental health in a positive and negative way. This will include techniques they can use to help them to improve their own mental health and undertint when changes in themselves.

#### *How is it being taught?*

The vocational pathway will use practical and theory lessons to help them try different ways to improve mental health. Reviewing different techniques that they can experience and using case studies to recognise when there are changes in a person's mental health. They will then use their knowledge to complete a booklet towards their potential qualification.