

## **PSHE - Year 9 - Medium Term Plan - Term 3**

<b>Year 9 Spring 1</b>	<p style="text-align: center;"><b>PSHE Health &amp; Wellbeing</b>  <b>Topic:Healthy lifestyle</b>  Diet, exercise, lifestyle balance and healthy choices and first aid</p>
<b>Prior learning - linked to National curriculum</b>	<p>The 2022 pupil voice showed that:</p> <ul style="list-style-type: none"> <li>● 25% of learners were unaware of what is meant by long-term health.</li> <li>● 28% of learners are unaware of the responsibilities they have for their own health.</li> <li>● 34% of learners are unaware of what stress triggers are.</li> <li>● 57% of learners do not know help tips for stress.</li> <li>● 25% of learners are unsure about the importance of vaccines and immunisation.</li> </ul>
<b>Rationale</b>	<p>This topic seeks to build upon learners prior knowledge of establishing and maintaining a healthy lifestyle. This will include but is not limited to aspects such as diet, exercise, lifestyle balance, healthy choices and first-aid. Focus will be placed equally on both physical and mental health and the inter-relationship between the two. Lessons will provide examples of healthy lifestyle choices and the importance of incorporating exercise into a healthy routine. Learners will also benefit from a refresher lesson on the basics of first-aid with resources provide via St Johns Ambulance service.</p>
<b>Vocabulary - Key Words</b>	<p>See Glossary for Term 3</p>
<b>Cultural Capital:</b>	<p>Examples of healthy lifestyle choices from staff and sports/health professionals. Resources sourced from a wide range of resources including NHS, St Johns Ambulance and more. Signposting to local organisations and opportunities for exercise and healthy choices.</p>
<b>Key assessments:</b>	<p>Retrieval -recall 5/Red/Green cards/RAG assessment/Myths and Facts/minwhiteboards/GC Quizzes</p>

**What do children know/  
can do now (EDSM)**

**Emerging**- learners understand the concept of healthy life-style choices and are aware of the benefits of exercise and mindfulness. They can provide examples of opportunities for both within the school and the wider community.

**Developing** - Learners can provide examples of what contributes towards a healthy life-style and the relationship between physical and mental health. They will be able to define the concept of stress and understand the negative impact it has upon mental health.

**Secure** - learners have an established knowledge of the relationship between physical and mental health and the positive impact exercise will have upon both. They will be able to provide examples of how to incorporate exercise and mindfulness into a healthy routine and the importance of moderation in reference to maintaining a balanced diet.

**Mastered** - learners have a solid understanding of the relationship between physical and mental health. This includes the positive impact physical exercise and healthy eating choices can have upon mental health and wellbeing. They will be able to identify local opportunities for incorporating exercise into a healthy routine both within school and the wider community.