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| <b>Year 11<br/>Spring 2</b>                           | <p style="text-align: center;"><b>Topic: Independence</b><br/>Responsible health choices, and safety in independent contexts</p>  |
| <b>Prior learning - linked to National curriculum</b> | <p>The student voice at the end of the 2022 school year indicated that:</p> <ul style="list-style-type: none"> <li>● 48% of learners were unsure of the concept of self-examination.</li> <li>● 29% of learners are unaware of the impact diet can have on long-term health.</li> <li>● 29% of learners are unaware of the risk of misusing legal and illicit substances.</li> <li>● 48% of learners are unaware of the health risks that can occur from pandemics.</li> <li>● 53% of learners are unaware of the health risk associated with the misuse of antibiotics.</li> <li>● 29% of learners are unsure of where to access support both within and outside of school.</li> </ul> |
| <b>Rationale</b>                                      | <p>This topic will focus on preparing learners for the transition into adulthood and empowering them to become more independent. Lessons will seek to further develop learners skills in identifying and managing risks, emergency first aid, and making healthy life choices. Within this topic learners will gain an understanding of how to administer self checks for cancer, sterilisation and keeping clean and the importance of vaccinations. Alongside this learners will gain a deeper understanding of the importance of following guidance from medical professionals in regards to medicine dosage/usage and managing side effects.</p>                                    |
| <b>Vocabulary - Key Words</b>                         | <p>See Glossary for Term 4</p>  |
| <b>Cultural Capital:</b>                              | <p>All resources are adapted from providers such as the NHS and charities including British Heart Foundation, McMillan and cancer research uk. Guest lessons will take place from medical professionals and in-house staff trade in delivering first aid.</p>   |
| <b>Key assessments:</b>                               | <p>Retrieval -recall 5/Red/Green cards/RAG assessment/Myths and Facts/mini whiteboards/GC Quizzes</p>   |

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

**Emerging**- Learners can identify what to look out for when completing self-health checks. Alongside this they are able to identify potential risks that can occur within new situations and potential ways to minimise such risks.

**Developing** - Learners have a developing understanding of the importance of completing self- health checks and making healthy life choices around diets and substance misuse. This will include indemnifying the risks of not following guidance from medical professionals or understanding the potential side-effects of medication.

**Secure** - Learners can explain the importance that healthy life-style choices will have upon long-term health and the importance of routines such as exercise and completing health checks. Learners are able to identify the risks that can occur in a number of situations and discuss a number of measures to manage these risks and be prepared for confronting new scenarios and situations.

**Mastered** - Learners can confidently discuss the importance of healthy lifestyle choices and routines including completing self-health checks and staying up to date with vaccinations and immunisations. Alongside this learners will have further developed their risk management skills and can evidence being able to plan and prepare for unexpected or new situations.