

**PSHE      Year 8                      Health and Wellbeing**

<p><b>Year 8 Spring 2</b></p>	<p style="text-align: center;"><b>Topic: Emotional wellbeing</b> Mental health and emotional wellbeing, including body image and coping strategies</p>
<p><b>Prior learning - linked to National curriculum</b></p>	<p>The students voice completed at the end of the school year in 2022 indicated that:</p> <ul style="list-style-type: none"> <li>● 29% of learners are unsure of the term mental health.</li> <li>● 48% of learners are unable to describe strategies that can improve mental health.</li> <li>● 44% of learners are unable to describe the link between physical exercise and mental health.</li> <li>● 40% of learners are unsure of the impact substances can have upon mental health.</li> <li>● 25% of learners are unsure of how sleep is crucial for a healthy lifestyle.</li> <li>● 29% of learners are unsure of the importance of maintaining a healthy lifestyle.</li> </ul>
<p><b>Rationale</b></p>	<p>Learners will further develop their understanding of mental health and emotional wellbeing, including issues around body image. Learners will further develop coping strategies through examples and activities set in lessons and establish an understanding of the links between physical exercise and mental health. Through exploring the stigma around mental health and debunking myths learners will gain a deeper understanding of the importance of emotional wellbeing and mindfulness. This will include how to build digital resilience and manage negative comments and influences online.</p>
<p><b>Vocabulary - Key Words</b></p>	<p>See Glossary for Term 4</p>
<p><b>Cultural Capital:</b></p>	<p>Resources developed from a range of sources including charities, NHS and charities such as MIND and the NSPCC. Authentic case studies and real-life testimonials will be used in lessons and opportunities for research into local providers of recreational clubs etc.</p>
<p><b>Key assessments:</b></p>	<p>Retrieval -recall 5/Red/Green cards/RAG assessment/Myths and Facts/mini whiteboards/GC Quizzes</p>

<b>What do children know/ can do now (EDSM)</b>	<p><b>Emerging</b>- Learners will have a basic understanding of the concept of emotional wellbeing and mindfulness. They will be able to describe coping strategies and give examples of how they can maintain positive mental health.</p> <p><b>Developing</b> - Learners have a more established understanding of the concept of mental health. This will include understanding the impact social media can have on mental health and how to use coping strategies to manage influences.</p> <p><b>Secure</b> - Learners will have a developed understanding of the importance of positive mental health and developing coping strategies. This will include knowing the link between physical exercise and mental health. Learners will be able to provide examples of coping strategies and practising mindfulness.</p> <p><b>Mastered</b> - Learners will have a detailed understanding of the importance of establishing and maintaining positive mental health and wellbeing. This will include providing examples of how to build digital resilience and the impact that social media can have upon body image. Learners will know how to research and discover opportunities to further developing coping mechanisms and establish supportive networks.</p>
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