

PSHE Year 7 Health and Puberty

Spring 2	Topic: Health and puberty - Healthy routines, influences on health, puberty, unwanted contact and FGM
Prior learning - linked to National curriculum	Information to be gathered from primary schools.
Rationale	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. 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 gain a deeper understanding of puberty and the transition into adolescence. This will include lessons focused on the physical and emotional changes that will occur. Alongside this, learners will explore the concept of unwanted touch and FGM and how to appropriately report and seek support.
Vocabulary - Key Words	See Glossary for Term 4
Cultural Capital:	Resources from wide range of charities, agencies and directly from DOE. Real-life case studies and testimonials. Lessons and resources provided via Joe Wicks.
Key assessments:	Retrieval -recall 5/Red/Green cards/RAG assessment/Myths and Facts/mini whiteboards/GC Quizzes
What do children know/ can do now (EDSM)	<p>Emerging- Learners will have a basic understanding of the concepts of healthy lifestyles, puberty and FGM. They will be able to provide clear definitions of these concepts and identify key concepts and were to seek support.</p> <p>Developing - Learners will understand the benefits of establishing and a maintaining a healthy life style. Also, they will be able to provide examples of healthy lifestyle choices. Alongside this leaners will have a developing understanding of the physical and emotional changes that occur during puberty.</p> <p>Secure - Learners have a detailed understanding of how to establish and maintain a healthy lifestyle, puberty and the transition into adolescence and unwanted touch and FGM. They will be able to provide examples of positive and negative life style choices around diet and exercise. Also, learners will be aware of what contribtues towards and how to identify sings of unwanted touch and FGM and were to seek support.</p> <p>Mastered - Learners have a detailed understanding of all key concepts of the topic. They will understanding the relationship between physical and mental health and be able to provide examples of exercises and healthy life choices. Alongside this learners will understanding that FGM is a cultural issue and how to identify the signs of danger for themselves and friends. This will include providing examples of when someone may be at risk and were to access support.</p>

