

**Year 7**

**Health and Wellbeing, Relationships and Living in the Wider World**

<b>Term 1</b>		<b>Term 2</b>		<b>Term 3</b>	
Mental Wellbeing Physical Health and fitness Healthy Eating (Links to PE and FFT)	Internet Safety and Harms Online and Media (Links to Computing)	Drugs, alcohol and tobacco  (Links to Science)	Personal Safety Risk  Basic First Aid  Health and Prevention	Changing adolescent body	Learning Skills Career and Work
To talk about emotions using appropriate vocabulary  To understand that happiness is linked to being	To look at similarities and differences between online world and physical world  To understand the impact of unhealthy or	To understand facts on legal and illegal substances  To look the law relating to supply and possession of	To consider the concept of risk  To look at managed and unmanaged situations  To consider response to	To know key facts about puberty, changing adolescent body and menstrual wellbeing	To look at study, organisational, research and presentation skills  To look at strengths, interests, skills, qualities and

<p>connected to others</p> <p>To recognise early signs of mental wellbeing</p> <p>To look at common types of mental ill health</p> <p>To look at a range of healthy, coping strategies</p> <p>To look at benefits and importance of physical exercise</p> <p>To understand how to maintain a healthy lifestyle and</p>	<p>obsessive comparison with others</p> <p>To understand unrealistic expectations of body image</p> <p>To identify harmful behaviours</p> <p>To recognise bullying and abuse</p> <p>To understand the appropriate use of mobile phones and manage use of social media</p> <p>To know how to seek advice and support</p>	<p>illegal substances</p> <p>To look at the use and misuse of legal and illegal drugs</p> <p>To understand dangers of drugs and health risks</p> <p>To look at the harms of tobacco and alcohol</p> <p>To understand the personal and social risks and consequences of substance use and misuse</p> <p>To understand how to access</p>	<p>emergency situations</p> <p>To look at basic treatment for common injuries</p> <p>To look at life-saving skills including CPR</p> <p>To look at purpose of defibrillators</p> <p>To look at how to ask for help</p> <p>To know how to find sources of emergency help</p> <p>To learn about personal hygiene</p> <p>The facts and science relating to immunisation and vaccination</p>	<p>To look at main changes in male/female and implications on emotional and physical health</p> <p>To recap importance of good personal hygiene routines</p> <p>To recap where to get help and advice</p>	<p>values and how to develop them</p> <p>To look at how to set realistic but ambitious targets and goals</p> <p>To look at pathways and options available</p> <p>To look at the skills and qualities required in enterprise</p> <p>To look at the importance of being a lifelong learner</p>
--	---	--	--	---	--

what constitutes a balanced diet  To understand the health risks and links between diet and health in general	To know how to report any concerns	support from local health services and other sources of support	To look at the importance of good quality sleep and dental health		
---	------------------------------------	---	---	--	--