



Intent:

To experience Health and Well-Being topics to support physical and mental health.

		Cycle A (2023-24)	Cycle B (2024-25)	Cycle C (2025-26)
Autumn	1	<ul style="list-style-type: none"> Mental Health and Well-Being To understand the benefits of strategies to support mental health and well-being. 	<ul style="list-style-type: none"> Developing Resilience To understand how to develop resilience and support others. 	<ul style="list-style-type: none"> Developing Self-Esteem To understand how to develop self-esteem in a range of situations and circumstances.
	2	<ul style="list-style-type: none"> The Importance of Diet To understand the importance of diet and its effects on health. 	<ul style="list-style-type: none"> Friendships, Relationships and Family To understand how a support network can benefit your health and well-being. 	<ul style="list-style-type: none"> Body Awareness To understand how body awareness can impact on well-being.
Spring	1	<ul style="list-style-type: none"> The Importance of Nature To understand a wide range of natural surroundings which can have a positive impact on health and well-being. 	<ul style="list-style-type: none"> Social Well-Being To develop an awareness of a number of social activities that can enhance your well-being. 	<ul style="list-style-type: none"> Activities to Support Well-Being Understanding a range of activities and hobbies that can support well-being for life.
	2	<ul style="list-style-type: none"> Exercise for Life To understand the benefits of exercise for both physical and mental health and well-being. 	<ul style="list-style-type: none"> The Arts To experience a number of ways the arts can contribute to health and well-being. 	<ul style="list-style-type: none"> Protection and Reflection To develop skills to protect from harm and reflect and understand different situations.
Summer	1	<ul style="list-style-type: none"> Talking Matters To recognise the powerful effects of talking through issues and problems and understanding how to ask for help. 	<ul style="list-style-type: none"> Healthy Meals To understand the benefits of planning and preparing health meals. 	<ul style="list-style-type: none"> Self-Care Understanding how to look after themselves and others.
	2	<ul style="list-style-type: none"> Expressing Feelings To understand a range of feelings and emotions in a range of different circumstances. 	<ul style="list-style-type: none"> Things that Affect Mental Health and Well-Being To understand how personal circumstances can affect health and well-being and how to deal with them and gain support. 	<ul style="list-style-type: none"> Global Factors Affecting Mental Health and Well-Being To gain an understanding of global factors which have an effect on mental health and well-being.