

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	Mental Health and Well-Being <i>To understand the benefits of strategies to support mental health and well-being.</i>	Developing Resilience <i>To understand how to develop resilience and support others.</i>	Developing Self-Esteem <i>To understand how to develop self-esteem in a range of situations and circumstances.</i>
	2	The Importance of Diet <i>To understand the importance of diet and its effects on health.</i>	Friendships, Relationships and Family <i>To understand how a support network can benefit your health and well-being.</i>	Body Awareness <i>To understand how body awareness can impact on well-being.</i>
Spring	1	The Importance of Nature <i>To understand a wide range of natural surroundings which can have a positive impact on health and well-being.</i>	Social Well-Being <i>To develop an awareness of a number of social activities that can enhance your well-being.</i>	Activities to Support Well-Being <i>Understanding a range of activities and hobbies that can support well-being for life.</i>
	2	Exercise for Life <i>To understand the benefits of exercise for both physical and mental health and well-being.</i>	The Arts <i>To experience a number of ways the arts can contribute to health and well-being.</i>	Protection and Reflection <i>To develop skills to protect from harm and reflect and understand different situations.</i>
Summer	1	Talking Matters <i>To recognise the powerful effects of talking through issues and problems and understanding how to ask for help.</i>	Healthy Meals <i>To understand the benefits of planning and preparing health meals.</i>	Self-Care <i>Understanding how to look after themselves and others.</i>
	2	Expressing Feelings <i>To understand a range of feelings and emotions in a range of different circumstances.</i>	Things that Affect Mental Health and Well-Being <i>To understand how personal circumstances can affect health and well-being and how to deal with them and gain support.</i>	Global Factors Affecting Mental Health and Well-Being <i>To gain an understanding of global factors which have an effect on mental health and well-being.</i>

Running throughout each cycle	<u>Spiritual, Moral, Social and Cultural Development</u> The spiritual development of learners is shown by their: • Ability to be reflective about their own beliefs (religious or otherwise) and perspective on life. • Knowledge of, and respect for, different people's faiths, feelings and values. • Sense of enjoyment and fascination in learning about themselves, others and the world around them. • Use of imagination and creativity in their learning. • Willingness to reflect on their experiences. The moral development of learners is shown by their: • Ability to recognise the difference between right and wrong and to readily apply this understanding in their own lives, recognise legal boundaries and, in so doing, respect the civil and criminal law of England. • Understanding of the consequences of their behaviour and actions. • Interest in investigating and offering reasoned views about moral and ethical issues and ability to understand and appreciate the viewpoints of others on these issues. The social development of learners is shown by their: • Use of a range of social skills in different contexts, for example working and socialising with other learners, including those from different religious, ethnic and socio-economic backgrounds. • Willingness to participate in a variety of communities and social settings, including by volunteering, cooperating well with others and being able to resolve conflicts effectively. • Acceptance and engagement with the fundamental British values of democracy, the rule of law, individual liberty and mutual respect and tolerance of those with different faiths and beliefs; they develop and demonstrate skills and attitudes that will allow them to participate fully in and contribute positively to life in modern Britain. The cultural development of learners is shown by their: • Understanding and appreciation of the wide range of cultural influences that have shaped their own heritage and that of others. • Understanding and appreciation of the range of different cultures in the college and further afield as an essential element of their preparation for life in modern Britain. • Ability to recognise, and value, the things we share in common across cultural, religious, ethnic and socio-economic communities. • Knowledge of Britain's democratic parliamentary system and its central role in shaping our history and values, and in continuing to develop Britain.	<u>Fundamental British Values</u> Individual Liberty: • Freedom of speech to make own decisions. Mutual Respect: • Treating others as you would want to be treated. Tolerance: • Learning about other cultures and faiths and listening to viewpoints. Rule of Law: • Understanding rules and why they are important.
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