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| Year \_\_7\_\_ | **Topic: Health & Puberty**  **Period:** Spring 2 |
| **Overview of topic:**  **Health and Puberty**  Healthy routines, influences on health, puberty, unwanted contact, and FGM. | |
| **Key** **knowledge:**   * How to make healthy lifestyle choices including diet, dental health, physical activity and sleep. * how to manage influences relating to caffeine, smoking and alcohol * how to manage physical and emotional changes during puberty * about personal hygiene * how to recognise and respond to inappropriate and unwanted contact   about FGM (Female genital mutilation) and how to access help and support  **Key vocabulary:**   |  |  | | --- | --- | | **Tier 2** | **Tier 3** | | Unhealthy  Healthy  Boundaries  Respect  Influences  Physical activity  Balanced diet  Personal hygiene  Menstrual wellbeing | Female genital mutilation | | **Key skills and Attitudes**  Resilience  Self Regulation  Developing & maintaining healthy self concept  Identifying & accessing help & support  Managing Risk  Decision Making  Respect for others  Active listening  Teamwork  Building & Maintaining Healthy relationships  Self Organisation  Identifying & Accessing help & support  Know how –  **H5** - to recognise and manage internal and external influences on decisions which affect health and wellbeing  **H13** - the importance of, and strategies for, maintaining a balance between school, work, leisure, exercise, and online activities  **H14** - the benefits of physical activity and exercise for physical and mental health and wellbeing  **H15** - the importance of sleep and strategies to maintain good quality sleep  **H16** - to recognise and manage what influences their choices about physical activity  **H17** - the role of a balanced diet as part of a healthy lifestyle and the impact of unhealthy food choices  **H18** - what might influence decisions about eating a balanced diet and strategies to manage eating choices  **H20** - strategies for maintaining personal hygiene, including oral health, and prevention of infection  **H22** - the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to safely access support for themselves or others who may be at risk, or who have already been subject to FGM  **H34** - strategies to manage the physical and mental changes that are a typical part of growing up, including puberty and menstrual wellbeing |
| **Co-curricular opportunities:**  ***ASPIRE day, Antibullying ambassadors, mental health ambassadors, LGBTQ+U? Amnesty club, School Council, Eco Council,*** | **Key reading skills taught *(clarify, question, summarise, predict)* and key texts:**  No specific key texts at present.  **Wider Reading Opportunities/Links:**  Selection of books in the library, books recommended by staff |
| **How can I use this information at home?**   * Conversation starters with your children to discuss their learning * Support your child in carrying out independent research around the topic * Visit your local library (or BorrowBox), museums, or other locations to explore the topic * Promote books/other texts that explore this topic (see reading section) * Help your child to learn the key vocabulary | |