

Physical health and mental wellbeing		When is it covered?					
		Year 7	Year 8	Year 9	Year 10	Year 11	LFT Activities
Mental wellbeing	<ul style="list-style-type: none"> How to talk about their emotions accurately and sensitively, using appropriate vocabulary. 	Throughout year when students are practicing skills / playing matches and get frustrated.	French - Identity	Throughout year when students are practicing skills / playing matches and get frustrated. Devising theatre and Stanislavski - Drama	Throughout the year when students are practicing skills / playing matches and get frustrated. Devising theatre and Stanislavski - Drama		<ul style="list-style-type: none"> Wellbeing week Mental health awareness week Assemblies throughout the year LFT activities to support understanding of the signs and how to get help
	<ul style="list-style-type: none"> That happiness is linked to being connected to others. 			French - Qui suis-je? (Identity)			
	<ul style="list-style-type: none"> How to recognise the early signs of mental wellbeing concerns. 	Relating - HT 4-5-6					
	<ul style="list-style-type: none"> Common types of mental ill health (e.g. anxiety and depression). 	Relating - HT 4-5-6			PE - HT2 and HT5	PE - HT2 and HT5	
	<ul style="list-style-type: none"> How to critically evaluate when something they do or are involved in has a positive or negative effect on their own or others' mental health. 	Relating HT 4-5-6 Team sports Drama performance	Team sports Drama performance	Team sports Drama performance	Team sports Drama performance	Team sports Drama performance	
<ul style="list-style-type: none"> the benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness. 	Relating - HT 4-5-6 General PE	General PE	General PE	General PE - HT3	General PE		
Internet safety and harms	<ul style="list-style-type: none"> The similarities and differences between the online world and the physical world, including: the impact of unhealthy or obsessive comparison with others online (including through setting unrealistic expectations for body image), how people may curate a specific image of their life online, over-reliance on online relationships including social media, the risks related to online gambling including the accumulation of debt, how advertising and information is targeted at them and how to be a discerning consumer of information online. 	Computing -HT1 – E-safety	Computing -HT1 - Architecture of Stories	Computing -HT1 - E-safety			<ul style="list-style-type: none"> E safety Assembly LFT activities to ensure understanding

	<ul style="list-style-type: none"> How to identify harmful behaviours online (including bullying, abuse or harassment) and how to report, or find support, if they have been affected by those behaviours. 	Computing -HT1 – E-safety	Computing -HT1 - Architecture of Stories	Computing -HT1 – E-safety			
Physical health and fitness	<ul style="list-style-type: none"> The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress. 	Relating HT 4-5-6		Throughout the year when we do fitness lessons (PE)	PE - HT1 and HT3	PE - HT1 and HT3	<ul style="list-style-type: none"> Social time equipment added to social spaces to encourage physical activity Assemblies and LFT activities
	<ul style="list-style-type: none"> The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health. 	Relating HT 4-5-6 PE - HT1 and HT3	PE - HT1 and HT3	Science – HT 3 – Cell Biology and human Anatomy PE - HT1 and HT3	Science – HT3 – Human Biology PE - HT4, HT5, HT6		
	<ul style="list-style-type: none"> About the science relating to blood, organ and stem cell donation. 			Science – HT31 - Cell Biology and human Anatomy			
Healthy Eating	<ul style="list-style-type: none"> How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer. 	Relating HT 4-5-6 Design Technology HT5 HT6	Design Technology HT5 HT6	French - HT4 Healthy lifestyle Design Technology- HT5 HT6	PE - HT1 and HT5		
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> The facts about legal and illegal drugs and their associated risks, including the link between drug use, and the associated risks, including the link to serious mental health conditions. 	Relating HT 4-5-6		French - HT4 Healthy lifestyle			<ul style="list-style-type: none"> Police assemblies LFT activities on the impact of drugs
	<ul style="list-style-type: none"> The law relating to the supply and possession of illegal substances. 	Relating HT 4-5-6					

	<ul style="list-style-type: none"> the physical and psychological risks associated with alcohol consumption and what constitutes low risk alcohol consumption in adulthood. 	Relating HT 4-5-6			PE - HT1 and HT5		
	<ul style="list-style-type: none"> The physical and psychological consequences of addiction, including alcohol dependency. 	Relating HT 4-5-6		French - HT4 Healthy lifestyle			
	<ul style="list-style-type: none"> Awareness of the dangers of drugs which are prescribed but still present serious health risks. 	Relating HT 4-5-6					
	<ul style="list-style-type: none"> The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so. 	Relating HT 4-5-6			PE - HT1 and HT5		
Health and prevention	<ul style="list-style-type: none"> About personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics. 			Science – HT 3 – Cell Biology and human Anatomy			
	<ul style="list-style-type: none"> About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist. 	Relating HT 4-5-6					
	<ul style="list-style-type: none"> The benefits of regular self-examination and screening. 				Relating - HT5-HT6		

	<ul style="list-style-type: none"> The facts and science relating to immunisation and vaccination. 			Science - HT2 - infection and response			
	<ul style="list-style-type: none"> The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn. 	Relating - HT 4-5-6			PE - HT1 and HT5	PE - HT1 and HT5	
Basic first aid	<ul style="list-style-type: none"> Basic treatment for common injuries 				Relating - HT3	PE - HT2	
	<ul style="list-style-type: none"> Life-saving skills, including how to administer CPR 				Relating - HT3	PE - HT2	
	<ul style="list-style-type: none"> The purpose of defibrillators and when one might be needed 				Relating - HT3	PE - HT2	
Changing adolescent body	<ul style="list-style-type: none"> Key facts about puberty, the changing adolescent body and menstrual wellbeing 	Esteem - Puberty and Reproduction <small>Refer to appendix for content</small>				Science – HT1 - Homeostasis and response - not menstrual wellbeing	
	<ul style="list-style-type: none"> The main changes which take place in males and females, and the implications for emotional and physical health. 	Esteem - Puberty and Reproduction <small>Refer to appendix for content</small>				Science – HT1 - Homeostasis and response - not implications	