



PSHE Scheme of Learning

10.1 Health & Wellbeing – Positive Mental Health

Intent – Rationale

This unit fits within the *Health & Wellbeing* theme. A golden thread throughout the life of the school is the active promotion of wellbeing. This series of lessons will enable students to further develop their knowledge of key areas of mental health and wellbeing, such as how to manage change, how to develop resilience and how to proactively manage and promote good mental health.

Within this unit of work students will be taught how to become critical consumers of online sources of support, considering questions of reliability and suitability.

The topics will allow for positive discussions around potentially sensitive topics where students will be reminded of how/where in-school support can be accessed

<p>Sequencing – what prior learning does this topic build upon?</p> <ul style="list-style-type: none"> • Y7 HT1 • Y7 HT5 • Y8 HT4 • Y9 Stay Safe Day 	<p>Sequencing – what subsequent learning does this topic feed into?</p> <ul style="list-style-type: none"> • Y11 Health & wellbeing day 		
<p>What are the links with other subjects in the curriculum?</p> <ul style="list-style-type: none"> • English – Reliability of Media (Y8) • History – use of sources (Yr7-11) 	<p>What are the links to SMSC, British Values and Careers?</p> <ul style="list-style-type: none"> • SP (L1, L2, L3) • M (L3) • SO (L1; L2, L3) 	<ul style="list-style-type: none"> • BV2 • BV4 	<ul style="list-style-type: none"> • GB8
<p>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</p> <ul style="list-style-type: none"> • Possibility to share age-appropriate articles from the media • Lesson 10.2.3 uses texts that have been adapted from the media • Looking at validity/reliability of online resources – reading with a critical eye 	<p>What are the opportunities for developing mathematical skills?</p> <ul style="list-style-type: none"> • N/A 		



PSHE Scheme of Learning

10.1 Health & Wellbeing – Positive Mental Health

Intent – Concepts

What knowledge will students gain and what skills will they develop as a consequence of this topic?	
<p>Know</p> <ul style="list-style-type: none"> - How our mental health can be affected by changes to our circumstances - A range of challenges that young people may face at the KS3-KS4 transition point - How negative thinking patterns can impact on our response to disappointments <ul style="list-style-type: none"> - About mental health issues that most commonly affect young people - How to recognise signs that someone might need support for mental health concerns <ul style="list-style-type: none"> - A range of strategies to promote mental health and wellbeing <p>Apply</p> <ul style="list-style-type: none"> - Students will be able to explain a range of strategies they can use to overcome challenges they may face - Students will be able to describe different negative thinking patterns and their potential impact on wellbeing <ul style="list-style-type: none"> - Students will be able to reframe negative thinking - Students will be able to explain when and whom to tell if concerned for theirs or someone else’s mental wellbeing <p>- Students will be able to differentiate between healthy and unhealthy coping strategies and recognise the importance of using healthy ways to manage emotions</p> <p>Extend</p> <ul style="list-style-type: none"> - Students will be able to analyse how mental health and emotional wellbeing can change in response to external events <ul style="list-style-type: none"> - Students will be able to identify ways to learn from setbacks - Students will be able to evaluate the positives and negatives of different sorts of support available to support mental wellbeing <ul style="list-style-type: none"> - Students will be able to evaluate a range of ways to promote mental and emotional wellbeing - Students will be able to critique the reliability of sources of support in relation to mental health 	
What subject specific language will be used and developed in this topic?	What opportunities are available for assessing the progress of students?
<ul style="list-style-type: none"> • Resilience • Negative thinking patterns • Reframing • Mental health • Depression • Anxiety • Stress • Emotional wellbeing 	<ul style="list-style-type: none"> • Each lesson typically begins with a baseline assessment that is then returned to during the lesson which allows misconceptions to be identified and addressed. • End of unit assessment to take place using Microsoft Forms (via Teams)



Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
10.1.1 – New challenges	To learn about a range of challenges young people may face during the key KS3-KS4 transition point	To analyse how mental health and emotional wellbeing can change in response to external events	Lesson 10.1.1 on Staff Drive <ul style="list-style-type: none"> - Transition Poem - KS3-4 changes - Wellbeing scenarios - Prince Harry & Olly Alexander – overcoming challenges -
10.1.2 – Reframing negative thinking	To learn how to build resilience by reframing negative thinking	To identify a range of ways to learn from setbacks	Lesson 10.1.2 on Staff Drive <ul style="list-style-type: none"> - Agree/disagree continuum (+ve or -ve thinking?) - Identifying negative thinking patterns - Reframing negative thoughts (videos) - Reframing negative thinking – scenario task
10.1.3 – Recognising mental ill health and when to get help	To learn about mental health issues that most commonly affect young people	To describe a range of support available for those with emotional or mental health problems	Lesson 10.1.3 on Staff Drive <ul style="list-style-type: none"> - First thoughts: a mental health scenario - What is depression? - What is anxiety? - What is stress? - HELP! Scenarios - What sources of support are available?
10.1.4 – Promoting emotional wellbeing	To learn about a range of strategies to promote mental health and emotional wellbeing	To confidently differentiate between healthy and unhealthy coping strategies	Lesson 10.1.4 on Staff Drive <ul style="list-style-type: none"> - What wellbeing strategies are the most effective - Unhealthy coping strategies – what are the risks? - The best wellbeing strategy is... - Trustworthy or not? How can we assess the reliability of sources of support? - Summarising learning