



PSHE Scheme of Learning

7.1: Health & Wellbeing – Growing up!

Intent – Rationale

This unit fits within the *Health & Wellbeing* theme as an introductory PSHE unit. Students will begin their learning journey by considering the very essence of what makes them who they are. The unit will then progress to looking at issues that are both physically and societally relevant to our young people. These topics include puberty; menstrual wellbeing and substance use (where a range of substances are considered).

Within these topics our students will gain knowledge about these key areas but more importantly they will develop their ability to think critically and to form opinions around their own values and viewpoints.

The topics will allow for positive discussions and for students to listen to the viewpoint of others

<p>Sequencing – what prior learning does this topic build upon?</p>	<p>Sequencing – what subsequent learning does this topic feed into?</p>
<ul style="list-style-type: none"> Students should have covered some areas as part of the statutory RSE & Health Education guidance whilst in primary school 	<ul style="list-style-type: none"> Y7 HT5 Y8 HT1 Y8 HT2 Y9 Stay Safe Day Y10 HT1 Y10 HT6 Y11 Health & wellbeing day
<p>What are the links with other subjects in the curriculum?</p>	<p>What are the links to SMSC, British Values and Careers?</p>
<ul style="list-style-type: none"> PE (Importance of healthy lifestyles) 	<ul style="list-style-type: none"> SP (L1) M (L1; L4; L5; L6) SO (L1; L4; L5; L6)
<p>What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?</p>	<p>What are the opportunities for developing mathematical skills?</p>
<ul style="list-style-type: none"> Possibility to share age-appropriate articles from the media 	<ul style="list-style-type: none"> Use of statistics (e.g. to understand the prevalence of substance use amongst young people) Considering short-term expense vs long-term investment



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Intent – Concepts

What knowledge will students gain and what skills will they develop as a consequence of this topic?	
<p style="text-align: center;">Know</p> <ul style="list-style-type: none"> - How our school can be described as a diverse community - The physical & emotional changes that can take place during puberty <ul style="list-style-type: none"> - What is meant by the phrase <i>menstrual wellbeing</i> <ul style="list-style-type: none"> - What substance use is - Associated risks of caffeine; tobacco and alcohol consumption <p style="text-align: center;">Apply</p> <ul style="list-style-type: none"> - Students will be able to describe what makes them unique - Students will be able to evaluate how changes (physical and emotional) can affect relationships - Students will be able to describe different menstrual products and advantages/disadvantages of these <p style="text-align: center;">Extend</p> <ul style="list-style-type: none"> - Develop strategies to manage emotional changes during puberty - Explain different ways in which young people can be influenced to use different substances 	
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"> • Self-concept • Self-awareness • Relationships • Puberty • Menstrual wellbeing • Substance use 	<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. • Opportunities for staff to monitor progress through booklet use • 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
7.1.1 – I am and we are	To learn about who we are and how our school community can be seen as diverse	To share strategies to overcome challenges we may be facing	Lesson 7.1.1 on Staff Drive <ul style="list-style-type: none"> - Who am I? An existential question (video) - Self-awareness and self-identity - How is KSHS diverse? - Carpe Diem!
7.1.2 – Puberty	To learn about the physical and emotional changes that can happen during puberty	To evaluate how emotional changes can affect a range of relationships and to develop strategies to effectively manage these changes	Lesson 7.1.2 on Staff Drive <ul style="list-style-type: none"> - What are relationships? - What do we already know? - Different changes in different people - Overview (video) - Puberty scenarios
7.1.3 – Menstrual Wellbeing	To learn about the importance of menstrual wellbeing and the range of menstrual products available to you	To confidently discuss menstruation and to challenge negative attitudes associated with it	Lesson 7.1.3 on Staff Drive <ul style="list-style-type: none"> - What do we already know? - The menstrual cycle (video) - Menstrual products - Menstruation scenarios - Menstruation top tips
7.1.4 – Understanding drugs	To learn about substance use and the effects of caffeine consumption	To explain the risks associated with caffeine consumption and to evaluate strategies to reduce caffeine consumption	Lesson 7.1.4 on Staff Drive <ul style="list-style-type: none"> - What does a drug user look like? - What do we know about caffeine? - Energy drinks: Jordan’s scenario - How can we manage our consumption?
7.1.5 – Tobacco: Risks & influences	To identify a range of risks associated related to tobacco and e-cigarette use	To analyse a range of potential influences on young people to smoke/vape To demonstrate strategies for managing peer influence in situations involving tobacco & e-cigarettes	Lesson 7.1.5 on Staff Drive <ul style="list-style-type: none"> - Values reflection (related to use of different substances) - Substance use quiz - Risks associated with smoking/vaping - How do cigarettes affect the body (Video) - Who/what influences us? Scenario task
7.1.6 – Alcohol	To learn about the possible risks and consequences of alcohol use	To analyse different reasons that young people may use alcohol and to consider why the use of alcohol amongst young people is declining	Lesson 7.1.6 on Staff Drive <ul style="list-style-type: none"> - Alcohol statistics - What drives drinking trends in 2021? - Short-term & long-term risks - Managing influences