



**PSHE Scheme of Learning**

**Year 8 – Unit 4: Health & Wellbeing – Coping Strategies**

**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 short series of lessons will enable students to further develop their knowledge of key areas of mental health and wellbeing, such as how to identify stress; understand the differences between a range of coping strategies and look for ways to actively promote good mental health.

Within this unit of work students will be taught how to identify stress factors in their life and how to signpost positive coping strategies that promote good health

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

Sequencing – what prior learning does this topic build upon?	Sequencing – what subsequent learning does this topic feed into?		
<ul style="list-style-type: none"> <li>Y7 HT1</li> <li>Y7 HT5</li> </ul>	<ul style="list-style-type: none"> <li>Y9 Stay safe day</li> <li>Y10 HT1</li> <li>Y10 HT2</li> <li>Y11 Health &amp; wellbeing day</li> </ul>		
What are the links with other subjects in the curriculum?	What are the links to SMSC, British Values and Careers?		
<ul style="list-style-type: none"> <li>Assembly programme</li> </ul>	<ul style="list-style-type: none"> <li>SP (L1, L2, L3)</li> <li>M (L3)</li> <li>SO (L1; L2, L3)</li> </ul>	<ul style="list-style-type: none"> <li>BV2</li> <li>BV4</li> </ul>	<ul style="list-style-type: none"> <li>GB8</li> </ul>
What are the opportunities for developing literacy skills and developing learner confidence and enjoyment in reading?	What are the opportunities for developing mathematical skills?		
<ul style="list-style-type: none"> <li>Possibility to share age-appropriate articles from the media</li> </ul>	<ul style="list-style-type: none"> <li>N/A</li> </ul>		



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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;"><b><u>Know</u></b></p> <ul style="list-style-type: none"> <li>- A range of factors that can cause us stress</li> <li>- What an unhealthy coping strategy is</li> <li>- What a healthy coping strategy is</li> </ul> <p style="text-align: center;"><b><u>Apply</u></b></p> <ul style="list-style-type: none"> <li>- Students will be able to explain why self-harm and eating disorders are unhealthy coping strategies</li> <li>- Students will be able to explain how a range of coping strategies can combat the effects of stress</li> </ul> <p style="text-align: center;"><b><u>Extend</u></b></p> <ul style="list-style-type: none"> <li>- Students will be able to evaluate a range of strategies that can be used to alleviate stress and decide which would be most effective and why               <ul style="list-style-type: none"> <li>- Students will be able to critique the reliability of sources of support in relation to mental health</li> </ul> </li> </ul>	
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"> <li>• Stress</li> <li>• Stress bucket</li> <li>• Unhealthy coping strategies</li> <li>• Eating disorders</li> <li>• Self-harm</li> <li>• Healthy coping strategies</li> </ul>	<ul style="list-style-type: none"> <li>• Each lesson typically begins with a baseline assessment that is then returned to during the lesson which allows misconceptions to be identified and addressed.</li> </ul>

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## Intent – Concepts

Lesson title	Learning challenge	Higher level challenge	Suggested activities and resources
8.4.11 – Healthy coping strategies	To learn about a range of healthy coping strategies when facing challenging circumstances/feelings	To explain the benefits of a range of positive strategies for managing difficult emotions	Lesson 8.4.11 on Staff Drive <ul style="list-style-type: none"> <li>- Managing intense feelings</li> <li>- Stressful situations: good idea/bad idea?</li> <li>- A day in the life... scenario task</li> <li>- Healthy coping strategies</li> <li>- What sources of support are available?</li> </ul>
8.4.12– Unhealthy coping strategies	To learn about stress factors in our lives	To evaluate why some coping strategies can be described as unhealthy	Lesson 8.4.12 <ul style="list-style-type: none"> <li>- What causes us stress?</li> <li>- Stress bucket analogy</li> <li>- Unhealthy coping strategies</li> <li>- Myths &amp; Misconceptions</li> <li>- Pete’s problems – scenario task</li> <li>- What sources of support are available?</li> </ul>