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| **Core Theme 1: Health and Wellbeing** | | |
| **Mental Wellbeing** | **Internet Safety and Harms** | **Physical health and fitness** |
| **iASEND S** | | |
| * Emotions (e.g. happiness, sadness, anger, fear, surprise) * Benefits of physical exercise, time outdoors, community participation * Simple care techniques – rest, time with friends and family, benefits of hobbies and interests * How to seek support (who to speak to in school) * Understanding the concept of privacy |  | * What is an active lifestyle? * Importance of building regular exercise into daily and weekly routines and how to achieve this – making good choices * How and when to seek support – who to speak to if worried about health * Taking care of your body – inappropriate and unwanted contact * Names for the main parts of the body (including external genitalia) and body similarities and differences between boys and girls |
| **iASEND E** | | |
| * Emotions (e.g. nervousness) * How to recognise and talk about emotions * Develop simple strategies for managing feelings * How to judge what they are feeling and where they are * Understanding the importance of respecting others privacy, do not keep secrets | * What is the Internet, how is it part of your life? * How much time do you spend on line? * Risks of excessive time spent on electronic devices * Safe use of mobile phones * Importance of keeping personal information private | * The characteristics and mental and physical benefits of an active lifestyle * What is an inactive lifestyle and the risks associated with this |
| **iASEND N** | | |
| * Isolation and loneliness – importance of discussing feelings and seeking support * Change and loss and associated feelings * Bullying/cyberbullying and effect on mental health * Talk about emotions sensitively and accurately using appropriate vocabulary * Happiness is linked to being connected to others * Benefits and importance of physical exercise, time outdoors, community participation | * Impact of positive and negative content * Recognise and display respectful behaviour online * Why social media, some computer games, gambling are age restricted * Negative aspects – online abuse, trolling, bullying, harassment * How to report concerns * How media portrays people – impact on body image and health issues * Identify harmful behaviours online and how to report/find support * Manage unwanted attention * Sharing of intimate images | * Link between physical activity and promotion of mental wellbeing (approach to combat stress) * Maintaining a balance between work, leisure and exercise * What constitutes a healthy lifestyle * Promoting won emotional wellbeing |
| **iASEND D** | | |
| * How to recognise the early signs of mental well-being concerns * Common types of mental ill health (anxiety and depression) * 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. | * Similarities and differences between real world and online world * Over reliance of on-line relationships * How advertising and information is targeted at them * Recognise bullying in all its forms and to have the skills and strategies to manage being targeted or witness others being targeted * Harassment and stalking * On line gambling – consequences * Social and moral dilemmas about the use of money | * Science relating to blood, organ and stem cell donation |
| **Healthy eating** | **Drugs, alcohol and tobacco** | **Health and prevention** |
| **iASEND S** | | |
| * What constitutes a healthy diet (inc calories and nutritional content) * Planning a preparing a range of healthy meals |  | * Recognise early signs of physical illness (weight loss, unexplained changes to the body) * Safe/unsafe sun exposure * Dental health – good oral hygiene, dental flossing, regular checkups * Personal hygiene – germ, bacteria. How spread and treated * Importance of handwashing and how to do this thoroughly * Awareness of pain/identifying pain |
| **iASEND E** | | |
| * Characteristics of a poor diet * Risks linked to unhealthy eating (obesity, tooth decay) | * Smoking, alcohol use, drug taking –what are the risks? * Household products can be harmful if not used properly (signage on bottles)   Energy drinks | * Positive effects of physical and emotional health * Allergies, immunisation, vaccination * Taking increased responsibility for own physical health and personal hygiene. * Importance of good quality sleep – effect of poor sleep * Road safety. Cycle safety, rail, water, fire |
| **iASEND N** | | |
| * Healthy eating and the links between poor diet and health risks – tooth decay, cancer, obesity | * Impact of alcohol * Facts about legal and illegal drugs including alcohol (inc gov recommendations for consumption), volatile substances, new psychoactive substances, tobacco, e-cigarettes, shisha, e-shisha and cannabis * Short and long term consequences of substance use and misuse (health risks, impact on individuals, families and communities, risk of second hand smoke) * Facts about the harms of smoking tobacco, the benefits of quitting and how to access the support to do so | * Understand concept of a balanced lifestyle. * The purpose and importance of immunisation * Dental health * Sleep – lack of sleep can affect weight, mood and ability to learn |
| **iASEND D** | | |
| * Risks associated with dieting * What might influence decisions about eating a balanced diet | * Law relating to supply and possession of illegal substances * Physical and psychological risks linked with alcohol consumption and what constitutes low risk alcohol consumption in adulthood * Physical and psychological consequences of addiction including alcohol dependency * Awareness of the dangers of drugs which are prescribed but still prevent serious health risks. | * Cancer prevention – healthy lifestyle, testicular/breast self-examination * Being a confident user of the NHS |
| **Basic First Aid** | **Changing Adolescent Body** |  |
| **iASEND S** | | |
| * People who work in the community and who are responsible for looking after us * How to contact special people when we need help * School rule about health and safety * How to get help in school/home | * Key facts about puberty and the changing adolescent body (physical and emotional changes) * Growing from young to old |  |
| **iASEND E** | | |
| * Basic emergency first aid procedures * 999 calls/deaf number move to E? | * Basic reproduction and how bodies change * Growing old and changing * Menstrual cycle and menstrual wellbeing |  |
| **iASEND N** | | |
| * Basic treatment for common injuries * Life saving skills | * Recap facts about puberty, the changing adolescent body and menstrual well being * Main changes that take place in males and females and implications for emotional and physical health |  |
| **iASEND D** | | |
| * Purpose of defibrillators and when one might be needed |  |  |