

14-19 Phase Content

Content as in Upper Phase

Additional content and emphasis placed on identifying sources of support for all aspects of healthy living, and how to access community facilities such as leisure centres, health care and social groups to meet the needs of young adults in terms of healthy living as they prepare for adulthood.

Key vocabulary (All previous vocabulary, along with the following additional terms):

Pharmacy chemist walk in centre

Social group day centre youth club

Pathway 4/5: Social media filters/ editing

PSHE including Relationships, Sex, Health Education)

Information for Families

Strand: Healthy Lifestyles

Term: Spring– First half

The content of the PSHE curriculum is taken from the PSHE association SEND framework, and meets all statutory requirements for PSHE Education, including Sex Education, for schools in England.

During the Lower, Middle and Upper phases, the content is delivered as part of a 3 year curriculum cycle. Pupils in Lower and Middle Phases will repeat the content in full, in order to allow for increased understanding and engagement with the content as the pupils grow and develop.

In 14-19 Phase, there is a 2 year cycle, which students repeat in full. The rationale behind this repetition is the same as for our younger students, as there will be a need to reinforce and expand on concepts as the students prepare for adulthood, and may develop both physically and emotionally at different rates.

To promote a key theme and consistency across the school, each half term the same strand will be delivered to all classes.

If you wish to discuss any of the content please do not hesitate to contact the PSHE Co-ordinators (Amy Croft and Sarah Johnson).

Lower and Middle Phase Content

Sub strands:

HL1– Healthy eating

Including identifying foods we like and dislike to eat, which of the foods we like are healthy and which should only be enjoyed once in a while, and why certain foods might make someone ill (allergies).

HL2– Taking care of our physical health

Including how to take care of our bodies (skin, hair and teeth), how to stay safe in the sun, the importance of sleep, and the benefits of exercise.

HL3– Keeping well

Including who can help us if we are unwell or in pain, what medicine is and who is allowed to give us medicine, and the difference between things which go onto our bodies (creams, lotions etc) and things that go into our bodies (injections, tablets, liquid medicines etc).

Key vocabulary:

like dislike eat healthy unhealthy allergy food skin
teeth hair clean wash brush sleep exercise fit unwell
pain doctor nurse hospital medicine
Injection tablet cream lotion

Upper Phase Content

Sub strands:

HL1– Elements of a healthy lifestyle

Including the importance of healthy eating, sleep, personal hygiene, dental health, physical exercise and emotional wellbeing.

HL3– Physical activity

Including recognising different kinds of physical activity and exercise, identifying those we enjoy, and understanding the consequences of inactivity on our overall health.

HL4– Healthy eating

Including identifying and describing our favourite foods and drinks, recognising the effects of healthy and unhealthy foods, and those with a high sugar or caffeine content.

HL5– Body image

Including describing different images of young people from different sources (pictures, magazines, tv, social media etc), recognising that these may not be accurate, understanding that some people may want to change the way they look and what self esteem means.

HL6– Medicinal drugs

Including recognising what is meant by a 'medicine', the difference between over the counter and prescribed medicines, how they can be helpful, and the importance of only taking medicine as directed.

Key vocabulary (All previous vocabulary, along with the following additional terms):

Personal hygiene dental health emotional wellbeing mental
health sugar caffeine body image
'over the counter' prescribed

Pathway 4/5: Self esteem