Medium Term Planning Sheet: Secondary Class: V1 Teacher: Sarah Griffey



Subject: PSHCE	Intent: PROGRAMME OF STUDY FOR PSHE EDUCATION (KEY STAGES 1-5) Mental Health & Wellbeing (criteria: H5, 6, 7, 8, 9, 10) Self-Concept (criteria: H1, 2, 3, 4) Health Related Decisions (criteria: H11, 12, 13, 14, 15, 16, 17, 18) TH – To receive 1:1 career's support for post 16 placement – follow year 11 programme as when appropriate.		Term: 1
Key Vocabulary: Strength, development, self-confidence, self- esteem, mental health, positive, negative, influences, body image, feelings, resilience, wellbeing, characteristics, emotional, empathy, understanding, difficulty, experiences, strategies, cognitive, practical, thinking, managing, concerns, warning signs, stress, anxiety, depression, trigger, treatment, lifestyle, choices, sleep, diet, exercise, balanced, identify, evaluate, independently, advice, support, physical, health services, responsibility, prevention, screening, self-examination, cosmetic, aesthetic, behaviours.		Alternative Learning Environments/ Resources: Mind NHS website	

Future Learning:	Can talk about how exercise and sleep affect the body				
	Can recognise medicines and who to trust to administer				
See pupil asset	To ask for help appropriately				
targets Health & Can deal with simple injuries					
Healthy Choices Level 1					
Level 2	Recognise safe or unsafe substances (alcohol/ drugs)				
	Understand and can talk about being safe at home and outside				
	Take responsibility for own prescribed medication				
Level 3	Can express how to stay safe (online, roads etc.)				
	Understand that smoking is bad for you				
	Know which choices can affect your health				
	Knows what an emergency is and who to call				
	Knows how to get help in an emergency				
Level 4	Explain how to avoid hazards or risks				
	Know how to call for help in an emergency				
	Goes to correct professional regularly or when required				
Level 5	Know how to protect themselves online				
	Knows the difference between legal and illegal drugs				
	Looks after minor health problems				
Level 6	Can describe how exercise affects the body				
	Recognise what a habit is				
Level 7	Know strategies that can be used for personal safety				
	How different habits impact on their health				
	Understands the different reasons why people use drugs				
Level 8	Understands legalities of drugs, tobacco and alcohol				
	Understands the risks of unhealthy choices				
	Can keep safe online				
	Understands the reasons for immunisations				
Level 9	Knows the long term, mental and physical risks of unhealthy choices				
	Can report issues regarding personal safety				
Level 10	Can understand eating disorders and their consequences				
	Understand and administer first aid				
	Can produce a healthy lifestyle plan				
	Know the laws regarding weapons and classes of drugs				
	Understands the symptoms and treatment of mental health				
	Understands recommended daily allowances				
Level 11	Manages own mental health well-being and seek help where necessary				
	Understand substance abuse, its terms and misuse				
	Identify and manages harassment and stalking				
	Knows about drink/ drug driving laws and their consequences				
Level 12	Understand the penalties associated with possession and supply				
	Knows where to go for help and support locally and nationally		T I		

Prior Learning: Polationship, amotional wellbeing and healthy lifestyles work

Unit Expectations:

All: To gain an understanding of mental health, different types of conditions. To know of the charity Mind and be able to seek support when needed. To understand the connection with diet, sleep, exercise and use of drugs. Some: To be able to explain different mental health conditions, the symptoms and treatments available.

A Few: To identify how metal health is impacted on by the media "BODY IMAGE".

Links with other subjects: Science/ ICT/ Emotional Wellbeing sessions/ PE/ Food technology

Pupil Asset Milestones to be achieved:

See future learning colour coded grid – to be monitored every session.

TH - to also complete careers advice (within lesson or at an alternative time).

WK	Content (Implementation) Activities	Learning Objectives (Impact)	Evaluation/EBI
1 01/09/2021	Review of learning to establish data Introduction into Term 1 topic	Introduce topic Learners to understand requirements of course and qualification Learners to know pupil asset level and what they need to achieve.	
		H1 to accurately assess their areas of strength and development, and where appropriate, act upon feedback	
		H11. to make informed lifestyle choices regarding sleep, diet and exercise H12. the benefits of having a balanced approach to spending time online H13. to identify, evaluate and independently access reliable sources of information, advice and support for all aspects of physical and mental health	
2 06/09/2021	What are mental health problems? Power point session no1 slides 1- 9	Video clips Heads together campaign - prince William/ lady gaga To gain an understanding of mental health Am I the only one who feels this way? Are people with mental health problems dangerous?	
		H2 how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this	
		H5 the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health	
	What types of mental health problems are there? Power point session no2 slides 10 - 20	All types of mental health problems (TO KNOW ABOUT): Anxiety Phobias Depression Worksheets/ videos/ game	
		H8 to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	
3	What types of mental health problems are there? Power point session no3 slides 21 – 35	All types of mental health problems (TO KNOW ABOUT): Obsessive-compulsive disorder Eating problems	
13/09/2021		Bipolar disorder	

		Schizophrenia	
		Personality disorder	
		Celebrities/ stories - real life examples	
		H3 how different media portray idealised and artificial body shapes; how this influences body satisfaction and body image and how to critically appraise what they see and manage feelings about this	
	What types of mental health problems are there?	All types of mental health problems (TO KNOW ABOUT): Panic attacks Self-harm	
	Power point session no4 slides 36 -47	Psychosis Suicidal feelings Celebrities/ stories - real life examples	
		Recap video from Mind on mental health disorders	
		H8 to recognise warning signs of common mental and emotional health concerns (including stress, anxiety and depression), what might trigger them and what help or treatment is available	
	What types of mental health problems are	Winnie the pooh – story and link characters to identify different mental health	
4	there?	problems	
20/09/2021	Power point session no5 slides 49 – 57	Watch short video see and talk about characters and mental health problems	
	What causes mental health problems	Identify causes of mental health problems	
	Power point session no6 slides 58 -62	Worksheet activity	
		H9. the importance of and ways to pre-empt common triggers and respond	
		to warning signs of unhealthy coping strategies, such as self-harm and eating disorders in themselves and others [NB It is important to avoid	
		teaching methods and resources that provide instruction on ways of self-	
		harming, restricting food inducing vomiting, hiding behaviour from others	
		etc., or that might provide inspiration for pupils who are more vulnerable	
		(e.g. personal accounts of weight change).	
		H10. how to recognise when they or others need help with their mental	
		health and wellbeing; to explore and analyse ethical issues when peers	
		need help; strategies and skills to provide basic support and identify and	
		access the most appropriate sources of help.	
	How are mental health problems diagnosed?	https://www.mind.org.uk/information-support/tips-for-everyday-living/	
5	Power point session no7 slides 63 – 67	Follow link – going on to LGBQT (Talk through and watch videos)	
27/09/2021		know what a diagnosis is and who is involved	
	What can I do to help myself	Understand how to maintain own mental health	
	Power point session no8 slides 68 – 80	Worksheet – discussion activities	
		H6 about change and its impact on mental health and wellbeing and to recognise the need for emotional support during life changes and/or difficult	
		experiences	
		H4 strategies to develop assertiveness and build resilience to peer and	
		other influences that affect both how they think about themselves and their	
		health and wellbeing	
	Treatments available	To identify NHS treatments	

	Power point session no10 slides 83 – 87	Discussion/ worksheet	
	Support services available Power point session no11 slides 88 - 90	 H7 a broad range of strategies — cognitive and practical — for promoting their own emotional wellbeing, for avoiding negative thinking and for ways of managing mental health concerns Online research of Mind Worksheet activity To identify the support services available for mental health problems H14. about the health services available to people; strategies to become a confident user of the NHS and other health services; to overcome potential concerns or barriers to seeking help 	
6 04/10/2021	Will I recover? How family & friends can help? Power point session no12 slides 91 – 100 How can I deal with Stigma? Power point session no13 slides 101 – 104 What is Mind? Power point session no14 slides 105 -107	Understand everyone recovers differently To understand how friends and family can help Worksheet What is stigma and how to deal with it Alice's story – mental health problems booklet pg 48/49 H18. the ways in which industries and advertising can influence health and harmful behaviours Mind website Celebrity ambassadors Know all about the organisation, the work they do and how they help mental health.	
7 11/10/2021	Drugs and impact on mental health – connection see pupil asset Health with regards to operations/ screening/ immunisation Cosmetic and aesthetic procedures	 H15. the purpose of blood, organ and stem cell donation for individuals and society1 H16. how to take increased personal responsibility for maintaining and monitoring health including cancer prevention, screening and self-examination H17. to assess and manage risks associated with cosmetic and aesthetic procedures, including tattooing, piercings and the use of sunbeds 	
8 18/10/2021	Relaxation activities Power point session no9 slides 81 - 82	Practical activities to aid relaxation Review understanding of mental health	