

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



<p><b>Subject: PSHCE</b></p>	<p><b>Intent:</b> PROGRAMME OF STUDY FOR PSHE EDUCATION (KEY STAGES 1-5)          Mental Health &amp; 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)</p> <p>TH – To receive 1:1 career’s support for post 16 placement – follow year 11 programme as when appropriate.</p>	<p><b>Term: 1</b></p>
<p><b>Key Vocabulary:</b> 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.</p>	<p><b>Alternative Learning Environments/ Resources:</b>          Mind          NHS website</p>	
Empty space for additional notes or details		



**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 mental 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	<p>Review of learning to establish data Introduction into Term 1 topic</p>	<p>Introduce topic Learners to understand requirements of course and qualification Learners to know pupil asset level and what they need to achieve.</p> <p>H1 to accurately assess their areas of strength and development, and where appropriate, act upon feedback</p> <p>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</p>	
2 06/09/2021	<p>What are mental health problems? Power point session no1 slides 1- 9</p> <p>What types of mental health problems are there? Power point session no2 slides 10 - 20</p>	<p>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?</p> <p>H2 how self-confidence self-esteem, and mental health are affected positively and negatively by internal and external influences and ways of managing this</p> <p>H5 the characteristics of mental and emotional health; to develop empathy and understanding about how daily actions can affect people's mental health</p> <p>All types of mental health problems (TO KNOW ABOUT): Anxiety Phobias Depression Worksheets/ videos/ game</p> <p>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</p>	
3 13/09/2021	<p>What types of mental health problems are there? Power point session no3 slides 21 – 35</p>	<p>All types of mental health problems (TO KNOW ABOUT): Obsessive-compulsive disorder Eating problems Bipolar disorder</p>	

	<p><b>What types of mental health problems are there?</b>  <b>Power point session no4 slides 36 -47</b></p>	<p>Schizophrenia  Personality disorder  Celebrities/ stories - real life examples</p> <p>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</p> <p>All types of mental health problems (TO KNOW ABOUT):  Panic attacks  Self-harm  Psychosis  Suicidal feelings  Celebrities/ stories - real life examples  Recap video from Mind on mental health disorders</p> <p>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</p>	
<p>4  20/09/2021</p>	<p><b>What types of mental health problems are there?</b>  <b>Power point session no5 slides 49 – 57</b></p> <p>What causes mental health problems  <b>Power point session no6 slides 58 -62</b></p>	<p>Winnie the pooh – story and link characters to identify different mental health problems  Watch short video see and talk about characters and mental health problems</p> <p>Identify causes of mental health problems  Worksheet activity</p> <p>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).</p> <p>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.</p>	
<p>5  27/09/2021</p>	<p><b>How are mental health problems diagnosed?</b>  <b>Power point session no7 slides 63 – 67</b></p> <p><b>What can I do to help myself</b>  <b>Power point session no8 slides 68 – 80</b></p> <p><b>Treatments available</b></p>	<p><a href="https://www.mind.org.uk/information-support/tips-for-everyday-living/">https://www.mind.org.uk/information-support/tips-for-everyday-living/</a></p> <p>Follow link – going on to LGBTQ (Talk through and watch videos) know what a diagnosis is and who is involved</p> <p>Understand how to maintain own mental health  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</p> <p>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</p> <p>To identify NHS treatments</p>	

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