

## Health and wellbeing Scope and Sequence

Year	Term 1	Term 2	Term 3
7	<p><b>Mental Wellbeing</b></p> <p>How do I talk about my emotions? What can I do to improve my emotional wellbeing?</p> <p><b>Health</b></p> <p>How do I make choices about diet and exercise?</p>	<p><b>Changing bodies</b></p> <p>What happens during puberty for girls?</p> <p><b>Internet safety/ harms</b></p> <p>What are the positives and negatives of social media?  How much should I share online?</p>	<p><b>Drugs</b></p> <p>What are drugs? (legal and illegal) What are the risks of smoking tobacco?</p> <p><b>First Aid</b></p> <p>What are the basics of first aid?</p>
8	<p><b>Mental Wellbeing</b></p> <p>How are attitudes to mental health changing? What are some healthy coping strategies?</p> <p><b>Health</b></p> <p>Bacteria, viruses and personal hygiene</p>	<p><b>Changing bodies</b></p> <p>What is menstruation?</p> <p><b>Internet safety/ harms</b></p> <p>What is cyber bullying? What do I do if it happens?  What is online sexual harassment? What do I do if it happens?</p>	<p><b>Drugs</b></p> <p>What are the risks of alcohol misuse? What are the risks of legal drugs?</p> <p><b>First Aid</b></p> <p>How do I administer CPR?</p>
9	<p><b>Mental Wellbeing</b></p> <p>What are common types of mental ill health? What support is available?</p>	<p><b>Changing bodies</b></p> <p>What happens during puberty for boys?</p>	<p><b>Drugs</b></p> <p>What are the psychological risks of drug abuse?</p>

	<p><b>Health</b></p> <p>How can I improve my dental hygiene?</p>	<p>What sanitary products are better for the environment?</p> <p><b>Internet safety/ harms</b> How can I be a discerning consumer of online information?</p>	<p>What is the law on supply/possession of illegal drugs?</p> <p><b>First Aid</b></p> <p>What are defibrillators?</p>
10	<p><b>Mental Wellbeing</b></p> <p>What can I do to manage the transition to year 10?</p> <p><b>Health</b></p> <p>What is the link between physical activity and wellbeing?</p> <p>What are unhealthy coping strategies?</p>	<p><b>Changing bodies</b></p> <p>What is beauty?</p> <p>How do I become body confident?</p> <p><b>Internet safety/ harms</b></p> <p>Why is it unhealthy to compare myself with others online?</p>	<p><b>Drugs</b></p> <p>What is the impact of drugs on personal safety?</p> <p>Who is impacted by drugs?</p> <p><b>Study Skills</b></p> <p>How do I get started with revision?</p>
11	<p><b>Mental Wellbeing-</b></p> <p>How do I manage stress?</p> <p>How can I reframe negative thinking?</p> <p><b>Health</b></p> <p>Why is sleep so important?</p>	<p><b>Changing bodies</b></p> <p>How do I self-examine?</p> <p><b>Internet safety/ harms</b></p> <p>What are the risks of online gambling?</p> <p><b>Study skills</b></p> <p>How to revise effectively?</p>	<p><b>Drugs</b></p> <p>How do I manage peer influence?</p> <p><b>Interview Prep</b></p> <p>How do I answer interview questions?</p>