

BISHOP HEBER HIGH SCHOOL

RESPECT · OPPORTUNITY · ACHIEVEMENT

Subject	Year	Term						
PSCHE	9	3						
Topic								
Physical Health; Body Confidence and Care								
Content (Intent)								
Prior Learning (Topic)	Sexual Health; Know Your Limit;							
- How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer - The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn - Dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist - The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness - 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 - Basic First Aid: basic treatment for common injuries, life saving skills and the purpose of defibrillators and when one might be used								
Assembly Topics:								
Rewards; choices; mindfulness; revision and examination preparation; summer celebration								
Future Learning (Topic)	Internet Safety and Harms; Careers and the World of Work							
What Knowledge and Skills will be taught (Implementation)		How will your understanding be assessed & recorded (Impact)						
Knowledge - Benefits & importance of exercise and a healthy diet - Links between a poor diet & health risks e.g. cancer - Dental health - The importance of sleep - Link between community/voluntary service & wellbeing - Body positivity: appearance pressures; harmful comparisons; strategies for self care - Concepts of basic First Aid – including head injuries, CPR, use of defibrillators - Set up GCSE Pod		Understanding will be assessed in a variety of ways. For example, through baseline assessments at the start of topics, through formative assessment opportunities and self-reflection summative assessments to establish ASK (attributes, skills & factual knowledge) developed. The impact of the PSHCE curriculum will be reported on twice a year as part of the Report cycle, through Learning Habits descriptors. Student feedback will be collated by Year Leaders following the PSHCE Day in November, via student voice quality assurance, the School Council and through an annual PSHCE questionnaire.						
Skills - Recognising elements of a healthy lifestyle - Developing life saving skills								
How can parents help at home?								
- Discuss these topics with your child - Encourage your child to engage with wider school activities (see SBS) - Help your child to reflect on their Term 3 report and set targets for going forward								
Helpful further reading/discussion (including Reading and Vocabulary Lists)								
Reading GCSE Pod NHS Live Well		Vocabulary Lists <table><tr><td>Stress</td><td>Self-Care</td></tr><tr><td>Anxiety</td><td>Healthy Eating</td></tr><tr><td>Depression</td><td></td></tr></table>	Stress	Self-Care	Anxiety	Healthy Eating	Depression	
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