

Term/Week	Autumn 1	1	2	3	4	5	6	7
Health & Wellbeing	Weekly Focus							
Assembly		Whole School Assembly-New Academic Year JH	House Assemblies- Flipped learning EB. House leaders introducing new houses and charities		House Assemblies- Self-esteem, developing self-confidence, overcoming challenges.		House Assemblies- Managing peer influence and making the right choices.	Whole School Assembly- Making the right choice. C.B
Year 7	Transition to secondary school Diet, exercise and how to make healthy choices	Settling into a new school. Pupil profiles	Develop knowledge, skills and attributes to effectively manage the transition to a new school	Begin, grow and maintain friendships in a new situation.	Develop each student's identity as a student and to improve study skills and to develop student's personal responsibility for their own academic progress.	Increase understanding of how lifestyle choices can affect health.	Begin, grow and maintain friendships in a new situation	
Year 8	First aid and personal safety, focusing on road safety Alcohol and drug misuse and managing peer influence	Pupil profiles	Understand what to do in an emergency and to develop basic first aid and life-saving skills.		Understand risk within the context of personal safety, especially road safety.	Consider opinions, facts and laws surrounding drug use.	Consider the consequences of, and strategies to manage, unhealthy drug-related behaviours.	Develop strategies to manage peer and other influence around alcohol, tobacco and drug use
Year 9	Peer pressure, assertiveness and risk, gang crime Dieting, lifestyle balance and unhealthy coping strategies	Pupil profiles	Develop skills to manage changing friendships.	To further develop risk assessment and management strategies, including assertiveness.		To learn how to identify, manage and avoid the potential risks associated with being part of a gang.	Promote a more mature understanding of how to balance work, leisure and exercise.	Expand students' concept of a healthy diet and a healthy lifestyle.
Year 10	Transition to key stage 4 and developing study habits	Pupil profiles	Reflect on learning habits and individual strengths as a learner and to	Reflect on learning habits and the transition to key stage 4.	Develop strategies to manage emotional wellbeing during	To distinguish between fact and perception in relation to mental	Develop strategies for safeguarding emotional and mental health, building on key stage 3 learning on unhealthy coping strategies; to understand what services	

	Mental health and ill health, tackling stigma		develop a growth mindset		the transition to key stage 4.	health and ill-health.	are available and be able to access them independently.
Year 11	Promoting self-esteem and coping with stress Learning and revision skills to maximise potential	Pupil profiles	To develop a healthy self-concept supported by accurate self-reflection and constructive feedback from other.	Develop strategies to manage stress and access relevant support when necessary.	To devise study skills that will maximise learning potential.	To develop effective revision strategies to use throughout the year in preparation for exams.	Understand the range of options available post-16 and how to get the information, advice and guidance they need to make the best choices for them.