



Subject:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	End Points
<p><b>PSHE</b></p> <p><b>Topic:</b> <b>Health and Wellbeing</b></p>	<p><b>LO:</b> To know my term goals and how to work towards them.</p> <p><b>Core Learning Task:</b> Discuss future aspirations and explore what kind of person students want to become. Use role models to identify skills and values. Create a “person outline” and label it with qualities (e.g. resilience, kindness). Learn about SMART goals and write their own using each SMART letter. Share and display personal goals in class to encourage motivation.</p> <p><b>Adapted Learning:</b></p> <p><b>Support:</b> Use the “Person outline template” and optional dictation or recording devices to express goals.</p> <p><b>Greater Depth:</b> Write detailed SMART targets including specific milestones and frequency of skill practice.</p>	<p><b>LO:</b> To can use mindfulness to manage emotions.</p> <p><b>Core Learning Task:</b> Watch a video on mindfulness and discuss the benefits of relaxation. In groups, explore different relaxation methods (e.g. breathing, yoga, visualisation). Create posters or mind maps on how and when to use each technique. Present findings to class and expand knowledge using the Relaxation presentation. Choose 1–2 strategies to try throughout the week and track their use and impact.</p> <p><b>Adapted Learning:</b> <b>Support:</b> Use the presentation as a reminder to reinforce learning.</p> <p><b>Greater Depth:</b> Reflect on when and why different strategies are helpful and select those best suited to their needs.</p>	<p><b>LO:</b> To know and can plan for a healthy lifestyle. <b>Core Learning Task:</b> Watch and discuss the BBC video on healthy living. Explore healthy diet, rest, dental health, exercise using a class discussion and Healthy Living presentation. Complete a two-colour worksheet to show what they currently do for health and what new habits they’ll try. Set personal health goals and discuss how to take responsibility for both physical and mental wellbeing.</p> <p><b>Adapted Learning:</b> <b>Support:</b> Use shared examples to help identify current habits. <b>Greater Depth:</b> Explain how each health habit affects both mental and physical wellbeing. Create time-bound personal goals.</p>	<p><b>LO:</b> To know the potential impact of technology on physical and mental health. <b>Core Learning Task:</b> Explore age restrictions for games, films, and apps and discuss their importance. Examine how technology use affects physical and mental health. Learn how persuasive design is used to keep people engaged with content. Identify pressures from peers and social media. In groups, create posters with strategies to reduce negative impacts of technology.</p> <p><b>Adapted Learning:</b> <b>Support:</b> Focus on either physical or mental health strategies, not both.</p> <p><b>Greater Depth:</b> Explain why each strategy is beneficial (e.g., limiting screen time to improve sleep).</p>	<p><b>LO:</b> To know which skills to use in difficult situations.</p> <p><b>Core Learning Task:</b> Use video and class discussion to understand resilience. Identify and share personal challenges and strategies used to overcome them. Complete a Resilience Toolbox worksheet with positive coping strategies. Practice reframing negative thoughts into positive ones.</p> <p><b>Adapted Learning:</b></p> <p><b>Support:</b> Use the Resilience Strategies List to prompt ideas.</p> <p><b>Greater Depth:</b> Link resilience to growth mindset and provide personal examples.</p>	<p><b>LO:</b> To know ways that people can help prevent themselves and others from becoming ill.</p> <p><b>Core Learning Task:</b> Use knowledge organisers to recap prior learning. Learn what immunisation is and how vaccines work. Watch an educational video on the history of vaccines. In groups, create and present a mini role-play or speech as doctors/nurses explaining the importance of vaccines.</p> <p><b>Adapted Learning:</b> <b>Support:</b> Use the simplified Vaccine Information version.</p> <p><b>Greater Depth:</b> Research vaccinations further (e.g., vaccine schedules on NHS website) and explain social benefits of immunisation.</p>	<p><b>By the end of this unit, pupils will know: what they want to achieve and set SMART goals.</b></p> <p>that mindfulness and relaxation techniques to support mental health.</p> <p><b>the importance of a balanced lifestyle including diet, sleep, hygiene, and exercise.</b></p> <p><b>That they need to take responsibility for their personal health and wellbeing.</b></p> <p><b>the impact of technology and how to minimise harm.</b></p> <p><b>Which resilience strategies to use in response to challenge.</b></p> <p>how vaccinations work and why they are important.</p> <p>the influence of habits on health and how to form healthier ones. what to do when they or others feel unwell and who they can talk to.</p>



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