

What is the point of the learning in this half term? Why are students learning it? How does it fit into the 7 Year journey? INTENT: This is a unit of work based upon the study of HEALTH AND HYGIENE well as covering topics in DRUGS, ALCOHOL, SMOKING, VAPING AND PUBERTY

Interleaving and Retrieval Opportunities	Key Core Learning (Knowledge and Skills) What should be transferred into long term memory?	Enriched Knowledge																										
What should students already know?	What do you want students to know?	How will you ensure that you make learning relevant to the world we live in?																										
<p>This unit of work will build upon the KS2 National Curriculum for the GATSBY Benchmarks, where students from different feeder schools would have had the following Health and wellbeing Education.</p> <p>Heatherley: SU1 Puberty changes</p> <p>Within the Garibaldi KS3 learning journey, students will also be building on their on how to act, take care of themselves and others and where to go when they need support.</p> <p>These skills directly link to the KS4 journey of Y11 HEALTHLY LIFESTYLES, covering age appropriate content such as:</p> <table border="1" data-bbox="92 961 629 1522"> <thead> <tr> <th></th> <th>Healthy Lifestyles</th> </tr> </thead> <tbody> <tr> <td>R20</td> <td>1. Legal Highs (where to go)</td> </tr> <tr> <td></td> <td>2. Drugs, the Law, Drug-Taking (where to go) & impact on sexual choices</td> </tr> <tr> <td>H16</td> <td>3. Dealing with Alcohol (where to go), Smoking & Cancer Awareness & Prevention, inc screening & self-examination (where to go)</td> </tr> <tr> <td>R24, R25, R26, R27, R32</td> <td>4. Teen Pregnancy (where to go)</td> </tr> <tr> <td>R14, R15</td> <td>5. Domestic Abuse (where to go) & Online Relationships</td> </tr> </tbody> </table>		Healthy Lifestyles	R20	1. Legal Highs (where to go)		2. Drugs, the Law, Drug-Taking (where to go) & impact on sexual choices	H16	3. Dealing with Alcohol (where to go), Smoking & Cancer Awareness & Prevention, inc screening & self-examination (where to go)	R24, R25, R26, R27, R32	4. Teen Pregnancy (where to go)	R14, R15	5. Domestic Abuse (where to go) & Online Relationships	<p>Students will be aware of basic hygiene and how to look after themselves.</p> <p>Students will begin to understand how different lifestyle choices can impact someone's health and future.</p> <p>LESSON CONTENT</p> <table border="1" data-bbox="1018 739 1549 1150"> <thead> <tr> <th></th> <th>Health and Hygiene</th> </tr> </thead> <tbody> <tr> <td>H19</td> <td>1. Keeping Healthy (sun-care & vaccines) & Happy</td> </tr> <tr> <td>H15</td> <td>2. Sleep & good routine</td> </tr> <tr> <td>H19</td> <td>3. Dental Hygiene, prevent infection</td> </tr> <tr> <td></td> <td>4. Personal Hygiene</td> </tr> <tr> <td>H23, H24, H26</td> <td>5. Understanding the effects of Drugs, Alcohol, Smoking, Vaping</td> </tr> <tr> <td>H34</td> <td>6. Menstruation and Puberty (in-school period support)</td> </tr> </tbody> </table> <p>Students will learn:</p> <ul style="list-style-type: none"> • How to keep safe in the sun • The importance of vaccinations to health • Importance of a good sleep routine and the benefits • Importance of dental hygiene and how to properly clean their teeth • Importance of their own personal hygiene and how to look after it (hair, nails, teeth etc) • The negative effects of alcohol, drugs, smoking and vaping and the impact of someone's health. • What is puberty. • Why menstruation happens and how it works. 		Health and Hygiene	H19	1. Keeping Healthy (sun-care & vaccines) & Happy	H15	2. Sleep & good routine	H19	3. Dental Hygiene, prevent infection		4. Personal Hygiene	H23, H24, H26	5. Understanding the effects of Drugs, Alcohol, Smoking, Vaping	H34	6. Menstruation and Puberty (in-school period support)	<p><u>Links to support an ambitious curriculum</u></p> <p>Private body parts: https://www.pacey.org.uk/news-and-views/pacey-blog/2019/october-2019/teaching-children-about-their-private-parts/</p> <p>Healthy lifestyles: https://www.betterliveshealthyfuturesbw.nhs.uk</p>
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<p>Future Learning</p> <p>The students next scheme of work is Career Development.</p>	<p>Application of knowledge</p> <ul style="list-style-type: none"> • Students will understand how to look after their personal hygiene as well as the importance of looking after their personal hygiene. They will also understand how different lifestyle choices can impact their personal hygiene and overall health 																											