

Subject: PHSE

Golden Concept: Health

Purpose:

By incorporating health into PHSE, educators aim to empower students with the knowledge and skills necessary to navigate the complexities of modern life while prioritizing their physical and mental well-being.

Promoting Physical Well-being, Healthy Lifestyle Choices, Prevention of Illness, Enhancing Mental and Emotional Health, Building Healthy Relationships, Encouraging Responsible Decision-Making, Empowering Students to Advocate for Their Health.

Assessment:

Teachers will enable different assessment tools to take place across all key stages, this may include:

Written Assessments: Use quizzes, tests, or exams to assess students' knowledge of key health concepts, such as nutrition, physical activity, mental health, and relationships. Include a mix of multiple-choice questions, short-answer questions, and essay questions to gauge different levels of understanding.

Project-Based Assessments: Assign projects that require students to research and present information on a health-related topic. Evaluate their ability to gather information, critically analyse sources, and communicate their findings effectively.

Class Discussions and Debates: Engage students in discussions about health-related issues, allowing them to express their opinions and demonstrate their understanding of different perspectives. Assess their ability to articulate well-reasoned arguments and consider the implications of health-related decisions.

Role-Playing and Scenarios: Use role-playing activities or scenarios to assess students' ability to apply health knowledge in practical situations. Evaluate their decision-making skills and the ability to navigate real-life health challenges.

Cross curriculum:

Mathematics: Nutritional Analysis: Math skills are applied to analyse nutritional content in foods, calculate calorie intake, and understand the quantitative aspects of a healthy diet.

Physical Education (PE): Physical Education is a standard component of many national curricula. It typically includes activities that promote physical fitness, coordination, and team sports. The goal is to encourage a healthy and active lifestyle from an early age.

Science and Biology: Health-related topics are often covered in science and biology classes. This may include the study of the human body, nutrition, disease prevention, and the effects of lifestyle choices on health.

Food technology: Some curricula include components on nutrition education to teach students about healthy eating habits, the importance of a balanced diet, and the consequences of poor nutritional choices.

Technology and Health: Health Apps and Resources: Integration of technology to explore health-related apps, online resources, and interactive tools that promote healthy living.

Key Stage or stage breakdown:

Key Stage 1 (Ages stages 1-2):

Focus: Building foundational knowledge of health and well-being. **Key Topics:** Basic anatomy, healthy eating, importance of exercise, personal safety. **Teaching Approach:** Interactive activities, story-based learning, and practical demonstrations.

Key Stage 2 (Stages 3-6):

Focus: Expanding health education to include a broader range of topics. **Key Topics:** Human body systems, nutrition, mental health awareness, substance abuse prevention, puberty education. **Teaching Approach:** Classroom discussions, group activities, and age-appropriate resources.

Key Stage 3 (Stages 7-9):

Focus: Comprehensive understanding of physical, mental, and social health. **Key Topics:** Puberty and reproductive health, healthy relationships, substance abuse, mental health, basic first aid. **Teaching Approach:** More in-depth discussions, interactive projects, and engagement with real-world health issues.

Key Stage 4 (Stages 10-11):

Focus: Preparing students for greater personal responsibility in health choices. **Key Topics:** Sex education, advanced mental health topics, healthy lifestyle choices, career-related health considerations. **Teaching Approach:** Encourage critical thinking, discussions on health ethics, and practical application of health knowledge.