

# Health and Wellbeing

## Year 10/11 Cycle B term 4- PHSE: Health and safety in independent contexts

### PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

#### Key Vocabulary

Risk Assessment:	The process of identifying potential hazards and evaluating the risk of harm.
Personal Protective Equipment (PPE):	Gear such as helmets, gloves, goggles, and high-visibility clothing worn to protect from injury or illness. Emergency
Procedures:	A set of actions to take in case of an emergency, such as fire drills, first aid steps, or evacuation plans.
Accident:	An unplanned event that may result in injury or damage, often preventable through caution and safety measures.

### What I will know by the end of the unit: Ways of staying safe within different contexts.

#### Workplace Health and Safety:

**Understanding Workplace Hazards:** Identifying common workplace hazards such as machinery, chemicals, electrical equipment, and the importance of understanding how to minimize risks.

**Using Personal Protective Equipment (PPE):** Knowing when and how to use PPE, such as gloves, helmets, and safety glasses, in work environments to prevent injuries.

**Employer Responsibilities:** Recognizing that employers are responsible for providing a safe working environment and offering health and safety training.

**Rights at Work:** Understanding your legal rights in terms of workplace safety and reporting unsafe practices.

#### Road Safety and Transport:

**Pedestrian Safety:** Knowing how to stay safe when walking, such as using pedestrian crossings, being aware of traffic, and not using mobile phones while crossing the road.

**Cycling Safety:** The importance of wearing a helmet, following traffic rules, and ensuring bicycles are in good condition.

**Public Transport Safety:** Understanding the need for caution when using buses, trains, and other public transport, including knowing the safety rules and procedures in emergencies.

**Car Safety:** Recognizing the importance of seat belts, following speed limits, and not using mobile phones while driving.

#### Home Safety:

**Fire Safety:** Knowing how to prevent fires at home, how to use fire extinguishers, and how to create a fire escape plan.

**Electrical Safety:** Understanding how to safely use electrical appliances, avoid overloads, and prevent electrical fires.

**Kitchen Safety:** Being cautious when handling knives, hot surfaces, and cooking appliances, and following hygiene practices to prevent food poisoning.

**First Aid and Emergency Response:** Knowing basic first aid, how to perform CPR, and what to do in case of an emergency.

#### Health and Well-being:

**Mental Health:** Understanding how to maintain mental health and recognizing when to seek help if feeling stressed, anxious, or depressed.

**Substance Use:** Being aware of the health risks associated with alcohol, tobacco, drugs, and other substances, and knowing where to get support if struggling with substance misuse.

**Healthy Lifestyle:** Understanding the importance of balanced nutrition, regular exercise, adequate sleep, and stress management techniques.

# Health and wellbeing

## Year 10/11 Cycle B term 4 - PHSE: Taking responsibility for healthy choices

### PHSE Golden Concepts

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#### Key Vocabulary

Balanced Diet:	A diet that includes a variety of different types of foods in the right amounts to provide essential nutrients for the body.
Mental Health:	A person's emotional, psychological, and social well-being, which affects how they think, feel, and act.
Resilience:	The ability to recover quickly from setbacks and challenges, and continue to maintain a positive outlook on health.
Peer Pressure:	The influence exerted by a peer group to encourage a person to change their behaviour to match that of others, often related to unhealthy behaviours.
Consent:	Clear, voluntary, and enthusiastic agreement to engage in a particular activity, especially sexual activity.
Substance Abuse:	The harmful or dangerous use of substances, such as alcohol, tobacco, and drugs.

### What I will know by the end of the unit: Healthy choices that they will need to make.

<p><b>Understanding Healthy Choices</b></p> <p><b>Definition of Healthy Choices:</b> A healthy choice is one that promotes physical, mental, and emotional well-being. This includes choices related to diet, exercise, sleep, stress management, and avoiding harmful substances.</p> <p><b>Balanced Lifestyle:</b> Emphasizing the importance of balance in all areas of life—nutrition, exercise, rest, and mental health—and how each contributes to overall well-being.</p> <p><b>Long-term Impact:</b> Understanding that the choices made now can have lasting effects on future health, including the risk of chronic illnesses, mental health conditions, and overall quality of life.</p>
<p><b>Physical Health:</b></p> <p><b>Nutrition:</b> Making informed choices about food, including understanding the importance of a balanced diet (carbohydrates, proteins, fats, vitamins, and minerals), portion control, and the risks of poor nutrition (e.g., obesity, diabetes, heart disease).</p> <p><b>Exercise and Activity:</b> The importance of regular physical activity for maintaining physical health, building strength, and improving mental well-being. Understanding how to find enjoyable physical activities (e.g., sports, walking, cycling) and the recommended guidelines for exercise.</p> <p><b>Sleep:</b> Understanding the critical role of sleep in physical and mental health, and developing healthy sleep habits (e.g., consistent sleep schedule, avoiding excessive screen time before bed).</p> <p><b>Hydration:</b> The importance of drinking enough water and avoiding sugary drinks, alcohol, or excessive caffeine</p>
<p><b>Avoiding Harmful Substances:</b></p> <p><b>Alcohol:</b> Understanding the risks associated with alcohol consumption, including impaired judgment, accidents, and long-term health problems (e.g., liver disease, addiction). Emphasizing the legal drinking age and the importance of making informed decisions regarding alcohol.</p> <p><b>Tobacco and Vaping:</b> The health risks of smoking and vaping, including lung diseases, heart problems, and the addictive nature of nicotine.</p> <p><b>Drugs:</b> The dangers of using illegal drugs and the impact of substance abuse on mental health, physical health, relationships, and overall life outcomes.</p>
<p><b>Sexual Health:</b></p> <p><b>Safe Sex:</b> The importance of understanding sexual health, including the use of contraception to prevent unwanted pregnancies and sexually transmitted infections (STIs). The need for communication and mutual respect in sexual relationships.</p> <p><b>Consent:</b> The concept of consent, the importance of clear and enthusiastic agreement in sexual activities, and respecting boundaries in relationships.</p> <p><b>Emotional Readiness:</b> Understanding when one is emotionally ready for sexual activity and how to navigate relationships with maturity and mutual respect.</p>

# Health and well being

## Year 10/11 Cycle B term 4 - PHSE: Emergency first aid

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### What I will know by the end of the unit:

**Some basic first aid to enable them to help themselves and others.**

#### Key Vocabulary

CPR (Cardiopulmonary Resuscitation):	A life-saving procedure that combines chest compressions and rescue breaths to keep the heart and brain supplied with oxygen in case of cardiac arrest.
Heimlich Manoeuvre:	A first aid procedure used to treat upper airway obstructions (choking).
Recovery Position:	A position that helps maintain an open airway and prevents choking in unconscious individuals who are breathing.
Defibrillator:	A device used to deliver an electric shock to the heart to restore a normal rhythm in cases of cardiac arrest.

#### Basic Principles of First Aid

- Stay Calm:** The first step in any emergency situation is to stay calm. Panicking can worsen the situation and prevent you from acting effectively.
- Assess the Situation:** Look for any immediate dangers to yourself, the injured person, and others. Ensure the scene is safe before approaching the casualty.
- Check for Responsiveness:** Gently check if the person is conscious and responsive by speaking to them and gently tapping them on the shoulder or arm.
- Call for Help:** If the situation requires professional help (e.g., medical emergency), call emergency services (e.g., 999 or 112) immediately, providing clear information about the incident.

#### Follow the ABCs of First Aid:

- A - Airway:** Ensure the person's airway is clear (e.g., tilt their head back if unconscious).
- B - Breathing:** Check if the person is breathing (look, listen, and feel for breath).
- C - Circulation:** Check for signs of circulation (e.g., pulse) and if necessary, begin CPR (Cardiopulmonary Resuscitation).

#### Bleeding (Cuts, Scrapes, and Wounds):

- Minor Bleeding:** Apply pressure to the wound using a clean cloth or bandage to stop bleeding.
- Severe Bleeding:** Apply direct pressure to the wound and elevate the injured limb (if possible) to reduce blood flow. Seek immediate medical help if the bleeding does not stop.

#### First Aid for Choking:

- For a conscious person:** Perform back blows by striking between the shoulder blades with the heel of your hand.
- For a conscious person (if back blows do not work):** Perform abdominal thrusts (Heimlich manoeuvre).

#### Fainting (Syncope):

- What to Do:** If someone faints, ensure they are lying down with their legs elevated to help blood flow to the brain. Loosen tight clothing and check their breathing.
- When to Seek Help:** If the person doesn't regain consciousness within a few minutes or experiences recurrent fainting episodes, seek medical help.