## WHICKHAM PSHCE Learning Journey WHICKHAM SCHOOL & SPORTS COLLEGE

## Physical Health @ Whickham

## **Our Vision**

In PSHCE at Whickham we strive to celebrate diversity, promote discussions and give pupils a well rounded and enriched education, we endeavour to have a high quality and well planned PSHCE curriculum which covers a range of topics, including mental and physical health, Drugs and Alcohol, Puberty, Diversity and Citizenship as well as Relationships and Sexual education. All of this within mind-set of the 9 protected characteristics outlined in the Equality Act 2010.



Life saving skills, including how to administer CPR.

> Year 11

How a lack of sleep can affect weight, mood and ability to learn

**Purpose of** defibrillators and when you might use one.

> **Abuse and** addiction of illegal highs, drugs and alcohol.

The importance of sufficient good quality sleep

Basic treatment for common injuries

What are illegal highs?



The facts and science relating to immunisation and vaccination.

The benefits of regular selfexamination and screening.



What are illegal drugs, what is the law on them? **County Lines** 

Health risks and how alcohol and drugs can lead to risky sexual behaviour

**Dental health** and the benefits of good **oral** hygiene and dental flossing



**Addiction** 

Year 10

Year 9

**Germs including** bacteria, viruses, how they are spread

The treatment and **prevention** of infection, and antibiotics

**Healthy eating** and **balanced** diets

the dentist

What is **vaping** and

how does it impact

your health?

Check-ups at



What is cannabis and its effects?

The main changes which take place in males and females, and the implications

for physical health



**Smoking and** alcohol addiction

How a lack of sleep can affect weight, mood and ability to learn.

links between a poor diet and health risks

Year 8

The characteristics and evidence of what constitutes a healthy

Effects of Smoking and alcohol on the body

Dangers and health risks of alcohol, impact on development, addiction and the law.

How to maintain healthy eating

lifestyle

**Cancer** and cardiovascular ill-health

What can we do to stay active?

> Key facts about puberty, the changing adolescent body and menstrual wellbeing.

The importance of sufficient good quality sleep for good health

Smoking: General risks, Risks of smoking for young people and impact on development. Addiction and the law

**Primary** 

Year 7

School

Maintaining a healthy weight, including the links between an inactive lifestyle and ill health

The positive associations between **physical** activity and mental wellbeing, to combat stress.

Introduction to the nine protected characteristics: age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief and

sex.

