



Topic	Learning Objectives	Key Vocabulary	Learning Sequence	Linked Learning	Home Learning
Definitions of Health and wellbeing	Understand the difference definitions of Health and Wellbeing.	Positive Negative Holistic	Introduction of key terminology Explain how different people define health differently and how this can change daily. Work in small groups to identify physical aspects of health, and social and emotional aspects. Exam practice.	What comes next: Use factors from previous units and explain how physical and lifestyle factors could have a positive and negative affect on health and wellbeing.	Research what aspects make up a holistic approach to health and wellbeing.
Genetic inheritance and ill health	Physical and lifestyle factors have positive and/or negative effects on health and wellbeing.	Chromosome Nucleus Cell DNA Gene Chronic Acute	Introduction of key terminology. Research in pairs real-life examples of predisposition to certain conditions and the positive and negative effects on their health and wellbeing. Exam question.	What comes next: Look learning with previous factors and look specifically at Haemophilia and downs syndrome. Academic text: NHS Common genetic conditions	Produce a PowerPoint on the examples researched.
Diet, Exercise and substance misuse	Understand how a balanced diet, exercise and Substance use affects an individual health and wellbeing.	Diet, exercise, obesity, cancer, stamina, strength, stroke, osteoporosis, addiction.	Introduction of key terminology Produce a power point on each of the factors and research the positive and negative affects on a person health and well-being Design a health plan. Exam question.	What comes next: Design a plan with all three factors and explain what short and long term targets will be sued.	Design a leaflet on one of the three factors which will explain the importance of the factor and how a person can keep healthy.



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Personal hygiene, social interactions and stress	Understand how each of the factors affect health and wellbeing positively and negatively.	Personal hygiene Blood poisoning. Supportive/unsupportive relationships. Integration/isolation. Stress.	Introduction of key terminology. Produce a power point on each of the factors and research the positive and negative affects on a person health and well-being Exam question.	What comes next: Link how the previous factors of genetically inherited diseases and ill health impact development combined with the current factors.	Research how the factors impact development throughout three life-stages.
Willingness to seek or access services	Understand how the act of seeking help is a social, emotional and cultural occurrence that affects health and wellbeing.	Cultural Gender Education Effects on health and wellbeing.	Introduction of key terminology. Brainstorm ideas about why there is an unwillingness to seek help/ which group is more unwilling and why/what are the long term affects? Exam question.	What comes next: Link how social isolation and relationships may affect a persons willingness to seek help. Academic text: NHS: Local services	Research who is more likely to take illegal drugs and why. What are the affects of illegal drugs.
The impact of life events relating to relationship changes	Understand that we all have relationships of one kind or another, but what happens when they change and who can support the change.	Self esteem Marriage/partnership/parenthood Divorce Bereavement	Introduction of key terminology Brainstorm ideas about the different relationships and how these change overtime. What are the positive and negative affects. Exam question.	What comes next: Link with previous unit and explain what are the affects of the life event on each developmental area.	Research the relationship changes an individual will go through in the course of their life time.



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Social Interaction and stress	Understand social, emotional and cultural factors that affect health and wellbeing.	Social Interaction. Relationships Integration Isolation	Introduction to key terminology. Explain what the difference relationships are. Explain the effects of supportive and unsupportive relationships on health.	Linked to positive role models and influences on health throughout the life stages.	How might educational experiences affect your health and wellbeing positively and negatively.
Stress	Understand stress and how to control stress.	Behaviour Triggers Adrenaline Short term Long term	Introduction to key terminology. Pupils will define stress and explain what the short and long term effects are of stress. Explain how stress can sometimes be a positive factor—in short bursts.	Linked to environmental and isolation and how these contribute to stress levels. Academic text: NHS: Coping with stress	Which work is most stressful and what are the effects on health and wellbeing.
Financial resources	Understand economic factors including financial resources.	Wealth Social class Material possessions.	Introduction to key terminology. Understand how economical factors affect a persons life chances .	Linked to financial barriers an individual can face whilst accessing health services.	Research the difference between relative and absolute poverty.



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Environmental conditions and housing	Understand how different types of pollution can affect individuals positively and negatively.	Pollution Air pollution Rural	Learn key terminology. Explain the difference between pollution, air pollution and noise pollution. Explain using PIES what the effects are on health and wellbeing.	Linked to blood pressure and stress levels.	How many environmental factors can you identify in your areas and what are the effects on health and wellbeing.
The impact of life events relating to relationship changes	Understand the effects on development when relationships change or end.	Partnership Marriage Self esteem.	Learn key terminology. Explain the effects of entering into a relationship, marriage and divorce. Explain what bereavement is and its effects.	Linked to relationships and the effects on health and wellbeing. Academic text: Helpguide.org: Healthy relationships.	Select a TV soap character and explain the relationship changes they have been through. How has this affected them?
The impact of life events relating to changes in life circumstances	Understand that there are expected and unexpected life events.	Circumstances Life events	Understand that individuals go through changes in life and these are expected as well as unexpected. Describe the effects on health and wellbeing.	Linked to life events and the sources of support.	Select two life events and explain the effects on development.



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<p>Health indicators</p> <p>Resting pulse, Blood pressure, Peak flow, Body mass index.</p>	<p>Understand the health measures, the normal values and the effects on physical health.</p>	<p>Cardiovascular system, arteries, hypertension, peak flow, BMI</p>	<p>Understand the key terminology.</p> <p>Examine each health measure and understand the normal values.</p> <p>Evaluate each health measure and be able to explain the reasons why it is abnormal.</p> <p>Examine the risks to future physical health.</p>	<p>Linked to lifestyle choices.</p>	<p>Write a promotion leaflet highlighting the risks of one of the health measures and how health can be improved.</p>
<p>Interpreting lifestyle data on health and wellbeing.</p>	<p>Understand the safe limits of lifestyle choices.</p>	<p>Targets</p> <p>Recommended daily allowance.</p>	<p>Understand the key terminology.</p> <p>Research and find out up to data on the chosen lifestyle factor. Use Official National Statistics.</p> <p>Explain the key findings. How do these findings compare nationally.</p>	<p>Linked to health indicators and lifestyle choices.</p> <p>Academic text:</p> <p>NHS: Healthy indicators</p>	<p>Research public health initiatives. What does the NHS do to promote good public health.</p>
<p>The importance of person centred approach</p>	<p>Understand the importance of delivering care with a person centred approach.</p>	<p>Collaboratively</p> <p>Empathy</p> <p>Dignity</p> <p>Compassion</p>	<p>Understand the key terminology.</p> <p>Examine how care needs have changed over time examine the benefits of a person centred approach.</p>	<p>Linked to care values and how they are integral to The person centred approach.</p>	<p>Research what The Health Foundation is.</p>



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<p>Revision</p>	<p>To improve upon areas of weakness</p>	<p>Vocabulary will vary dependent upon identified by class teacher</p>	<p>Improve upon areas of weakness identified for the class.</p>	<p>Linked learning will vary dependent upon identified by class teacher</p>	<p>Homework will be tailored towards the weaknesses of the students in the class to further aid progress.</p>