



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.	<b><i>What comes next?</i></b>  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.	<b><i>What comes next?</i></b>  Look learning with previous factors and look specifically at Haemophilia and downs syndrome.	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.	<b><i>What comes next?</i></b>  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.	<p><i><b>What comes next?</b></i></p> 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.	<p><i><b>What comes next?</b></i></p> Link how social isolation and relationships may affect a persons willingness to seek help.	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.	<p><i><b>What comes next?</b></i></p> 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.