

PSCHE 2016/17 Year 7 Scheme of work

Half term 5- Health and wellbeing

The scheme of work provides a lesson framework, not a lesson plan. Tutors are encouraged to adapt and personalise for their tutees.

Any changes please save into the folder with your initials.

	Lesson Topic and Aims	Resources
Week 1 24th April- 28th April	Healthy Active lifestyles <ul style="list-style-type: none">• Explain the term Healthy active lifestyle.• Identify the contributing factors• Evaluate my own lifestyle	T Drive, Tutoring, Year 7 Half term 4, lesson 1
Week 2 1st May-5th May	Health conditions and Impairments <ul style="list-style-type: none">• IDENTIFY the 3 most common health conditions which are a result of an unhealthy lifestyle• EXPLAIN the risks and preventative measures of the 3 health conditions	T Drive, Tutoring, Year 7 Half term 4, lesson 2 Also on 365
Week 3 8th May -12th May	Health conditions and Impairments <ul style="list-style-type: none">• Describe the condition Epilepsy and how it presents itself.• Evaluate the impact Epilepsy has on someone's life.	T Drive, Tutoring, Year 7 Half term 4, lesson 3 Also on 365
Week 4 15th May -19th May	Emotional Wellbeing and Relationships <ul style="list-style-type: none">• Explain the term healthy relationships.• Explore the different relationships people may have.• Identify what makes a stable and positive relationships	T Drive, Tutoring, Year 7 Half term 4, lesson 4 Also on 365
Week 5 22nd May-26th May	Mental Health <ul style="list-style-type: none">• Explain the term mental health, anxiety and depression.• Evaluate the impact mental health can have on someone's life	T Drive, Tutoring, Year 7 Half term 4, lesson 5 Also on 365