

School mission

Pupils will learn:

- about the world
- to be effective in the world
- To be confident, caring, citizens



Sixth Form

Communication

Maths & cognition

Healthy Life

Home Life

Creative Life

Social Life

Professional Life

Active Life

Meeting students' need for a

Healthy Life

Curriculum Overview and Long Term Plan 2023



Sixth Form

Preparing to optimise the quality of the experience of adult life by considering each element as an object of reflection, learning and understanding and the development of the skills and attitudes needed to succeed in meeting your needs.

Intent: breadth of learning

a curriculum that is ambitious and designed to give all learners ... the knowledge and cultural capital they need to succeed in life

learners are ready for the next stage of education, employment or training.

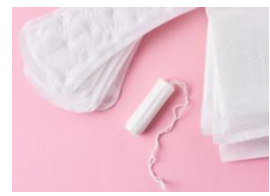
the provider's curriculum is coherently planned and sequenced towards cumulatively sufficient knowledge and skills for future learning and employment

INTENT BREADTH

Breadth (knowledge):

- Knowledge of primary health services- GP, Dentist, Optician, therapists
- Knowledge of secondary health services- hospitals, scans, tests, therapists
- Knowledge of medication – benefits and dangers
- Knowledge of scientific/medical recommendations for immunisation
- Knowledge of alcohol, smoking and other drugs
- Mental health & wellbeing strategies
- Growing up and expectations of adulthood
- Sex and Relationship Education including the law and the reasons behind laws

X For diet & home hygiene see Home Life
X For exercise see Active Life, for Mental Health outdoors see Active Life



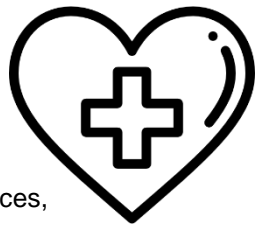
Preparing for Adulthood Developmental Health Areas:

- Sex education
- Immunisation - tetanus
- Managing more complex health needs
- Understanding what the GP can help you with
- Annual health check with GP if registered Learning Disability
- Mental health and wellbeing
- Drug and alcohol education
- Switching the screens off and getting a good night's sleep



Preparing for Adulthood Age Health Areas:

- Taking responsibility for dental and optical appointments
- Managing own health
- Transition to adult health services
- Knowing when you need to see the GP
- Staying physically active and healthy
- Understanding relationships, including sexual relationships - choices, safety and good health



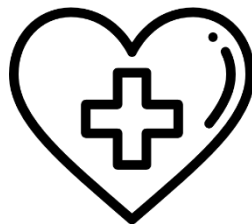
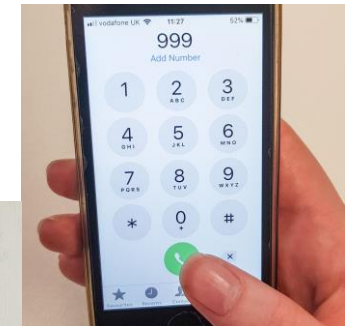
Intent: depth, organisation & sequencing of learning

6F

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Skills:

- Self awareness of physical health and ability to communicate needs
- Asking for help when ill – carer, GP, Dentist, Optician
- Understanding that medical professionals are there to help and the need to cooperate with them
- Safety with medication
- Positive relationships and understanding and valuing of 'consent'.
- Self awareness of mental health & wellbeing
- Strategies for mental health, wellbeing & self-regulation

INTENT

Personal Growth and Wellbeing in Healthy Life

- 1. Self-Awareness** (Me, who I am, my likes, dislikes, strengths and interests)
 - Self awareness of physical health
 - Self awareness of mental health
- 1. Self-care, Support and Safety** (Looking after myself and keeping safe; aspects of Relationships and Sex Education.)
 - Respectful relationships - consent
- 2. Managing Feelings** (Understanding feelings, and that how I feel and how others feel affects choices and behaviour; aspects of Relationships and Sex Education)
 - Anger management & self regulation
 - Managing anxiety
 - Managing low feelings / depression
 - Managing feelings within relationships
- 3. Changing and Growing** (How I and others are changing; new opportunities and responsibilities; aspects of Relationships and Sex Education)
 - Understanding growing up and the expectations of adulthood
- 4. Healthy Lifestyles** (Being and keeping healthy, physically and mentally)
 - Mental Health and Wellbeing
- 5. The World I Live In** (Living confidently in the wider world)
 - Interacting with health services – polite assertiveness and communication of needs



Healthy Life Curriculum Cycle

X not Diet & hygiene – see Home Life **X** not Exercise – see Active Life

	1a	1b	2a	2b	3a	3b
Pre language themes	Body awareness, health/pain awareness	As below	Body awareness and identifying pain and where it is.	Community access, health profess'inals who help us.	Body awareness – washing, privacy and consent	Asking for help, respecting 'no-go' areas, Therapies
Language themes	First Aid & Avoiding Dangers Core content: First aid including when & how to call for help General overview of dangers	Mental Health & life events Core content: Emotional intelligence	Minor illness & Seeking help: primary health services Core content: General overview of primary health, what would trigger you requesting help and what services can do for you	More serious Illness & treatment in the community: Secondary services Core content: overview of secondary services.	Personal Hygiene & S&RE	Following medical advice General medicines for pain, stomach complaints, coughs and colds, Overview of therapies
Yr1 overview plus focus on:	First Aid basics & Avoiding legal unhealthy drugs- tobacco, alcohol.	Connecting with nature – mindfulness	Accessing Primary Health services- Dentist & brushing teeth, Optician & glasses, Pharmacist- focus on Germs & GP,	Responding to illness in the community: Hospital - medical	Hygiene, Sex & Relationship Education & E Safety	Medication benefits and safety + Physiotherapy
Yr2 overview plus focus on:	First Aid basics & Avoiding illegal drugs	Connecting with people – including MH related to people eg bereavement	Accessing Primary Health services – Germs & GP, Optician & glasses, Pharmacist- focus on Dentist & mouth hygiene	Responding to illness in the community: Hospital- Surgery	Hygiene, Sex & Relationship Education & E Safety	Medication benefits and safety + Speech and Language Therapy
Yr3 overview plus focus on:	First Aid basics & Assessing and managing Physical risks	Connecting with activities / hobbies / creativity- social groups	Accessing Primary Health services- Germs and GP, Dentist & brushing teeth, focus on Optician & glasses, Pharmacist	Responding to illness in the community: Paramedics, ambulances & A&E	Hygiene, Sex & Relationship Education & E Safety	Medication benefits and safety + Occupational Therapy