

Health and Wellbeing

Health and Wellbeing Curriculum

Our Health and Wellbeing Aims

Health & wellbeing should inspire all students to be able to make sustainable decisions about leading healthy and sustainable lifestyles. It should provide opportunities to develop physical, social, and mental health and wellbeing in preparation for life in modern society.

Students should understand the impact of leading a healthy lifestyle and apply the long-term health benefits of physical activity, a healthy diet and positive lifestyle choices. They should be able to make choices about lifestyle in modern society that improves their life expectancy and ensures they make positive contributions to their community. Students will develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. Using a 'classroom to careers approach' students will also develop the skills to gather information, advice, and guidance to make informed choices when considering their career next steps.

The health and well being pathway aims to support our students' personal development whilst providing a depth of knowledge and understanding of themes linked to their personal, social, moral, health, and careers education.

Why is the study of Health and Wellbeing important?

It is crucial for young people to receive high-quality and impartial information and guidance to get the most out of their learning, to enable successful progression from one career stage to another and to inform the important choices that young people make post GCSE.

By the same token, thousands of people die from a range of ailments such as cardio-vascular disease. An unhealthy lifestyle often presents a significant risk factor to these ailments that lead to premature death or restrict the quality of life, limiting routine daily activities without care and support. Ongoing reports from public health and other

independent sources shows how these risk factors disproportionately affect people in the North of England. They describe the distribution of ill health and deaths due to an unhealthy lifestyle, showing clearly how it has a greater impact on those people living in socially and economically disadvantaged communities.

In addition to a broad careers based platform, the Health and Well-being curriculum also provides students with an in-depth knowledge of vital insights in how to achieve and maintain a healthy lifestyle.

What skills will the programme of Health and Well-Being teach you?

Health and Well-Being applies knowledge, skills and understanding from within the subjects themselves, and also a wide range of other sources such as science and mathematics. The Health and Well-Being programme will teach and support you in the following ways:

- How to achieve and maintain a healthy body and mind.
- Improving self-esteem and self-confidence
- How to stay safe online

Further aspects through the different disciplines of the course will support the following:

- Developing resilience by not being afraid of challenges when solving problems, but to break them down and keep trying.
- Being creative in developing solutions to real world problems linked to digital literacy
- Understanding the qualities of leadership and demonstrating these skills
- Understanding and applying the principles of nutrition and health.

What will you know and understand from your study of Health and Well-Being?

- Healthy and varied diets as depicted in the eat-well plate and 8 tips for healthy eating.
- How our body can be used to express emotions
- How our body changes as we get older
- How we assess risks and are active whilst being safe
- How we work productively in teams and how to lead others successfully
- Where, and how, we can maintain and active lifestyle outside of school
- Gain a broader understanding of the skills and qualities needed to access the local labour market.

How does your study of Health and Well-Being support your study in other subjects?

Health and Well-Being develops a number of skills that will support your study of other subjects, as so many of the skills you will acquire in Health and Well-Being are transferable. Health and Well-Being disciplines will develop your focus, resilience, self-expression, teamwork, problem solving, and communication skills, which will help you in all of your other subjects. It will give you an opportunity for creative expression and practical thinking and encourage you to think about how to improve your health, keep you safe, and encourage healthy eating, etc. Some students may take this even further and discover a subject that provides them with a life-long hobby or career that enhances their life for years to come. All students will work on the ability to think creatively, work in teams, and problem solve.

How can you deepen your understanding of Health and Well-Being?

To enhance your work in lessons, there will be times when we explore the professional workplace and wider design practices and materials. This will deepen your understanding of professional work and introduce you to new techniques and ideas.

You will also have the opportunity to deepen your understanding of Health and Well-Being disciplines through extracurricular opportunities, where you can continue to develop your creative ideas, or discover potential career pathways during trips or visits from external agencies.

How are you assessed in Health and Well-Being?

Throughout Year 7, 8 and 9 students are given an 'effort only' grade at Praising Stars. The whole programme has a fundamental basis in experience and understanding, relative to an individual.