

<u>Half Term</u>	<u>Topic</u>	<u>In this unit of work, you will learn...</u>	<u>Skills</u>
<u>Autumn 1</u> (September-October) <u>Unit: Health & Wellbeing</u>	<u>Peer influence</u> 	<ul style="list-style-type: none"> - distinguishing between healthy and unhealthy friendships and influences - assessing risks and managing influences online - 'group-think, what it is and why it is unhelpful when decision making - recognising passive, assertive and aggressive communication - how to communicate assertively - manage risk in relation to negative and dangerous group behaviours 	<ul style="list-style-type: none"> - Communication - Discussion - Groupwork - Critical thinking - Collaboration - Reflection
<u>Autumn 2</u> (October-December) <u>Unit: Living in the Wider World</u>	<u>Social norms in relation to drugs</u> 	<ul style="list-style-type: none"> - positive social norms in relation to drug and alcohol use - legal and health risks in relation to drug and alcohol use - addiction and dependence; cause and effects - how alcohol is viewed and used in other countries - damage caused in communities as a result of drug and alcohol misuse - a look at the hospitals and health services that we have in Sheffield 	<ul style="list-style-type: none"> - Self-awareness - Self- belief - Reflection - Self-Regulation - Critical thinking
<u>Spring 1</u> (January-February) <u>Unit: Relationships</u>	<u>Respectful relationships</u> 	<ul style="list-style-type: none"> - different types of families and parenting, including; single parents, same-sex parents, blended families, adoption and fostering - positive relationships in the home - conflict and its causes with family and friends - conflict resolution strategies - how to manage relationship and family changes including relationship breakdown, separation & divorce - how to access support services 	<ul style="list-style-type: none"> - Communication - Empathy - Compassion - Conflict resolution - Collaboration - Reflection
<u>Spring 2</u> (February-April) <u>Unit: Health & Wellbeing</u>	<u>Healthy lifestyle</u> 	<ul style="list-style-type: none"> - the relationship between physical and mental health - balancing work, leisure, exercise and sleep - how to make informed healthy eating choices - how to manage influences on body image - making independent health choices - how to take increased responsibility for physical health, including self-examination 	<ul style="list-style-type: none"> - Work/life balance - Self- regulation - Self-awareness - Independence - Resilience
<u>Summer 1</u> (April-May) <u>Unit: Living in the Wider World</u>	<u>Intimate relationships</u> 	<ul style="list-style-type: none"> - how are relationships portrayed in the media - how does this media portrayed image of a relationship actually affect expectations in real life relationships? - how to make safe choices when choosing who to have intimate relationships with - how to recognise abusive in all its forms in relationships including online - how to secure personal information online; what should you not share and why? 	<ul style="list-style-type: none"> - Computer safety/literacy - Problem solving - empathy