Health and Wellbeing

LEARNING JOURNEY

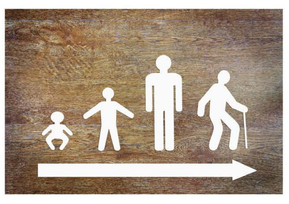
CHILDWALL SPORTS & SCIENCE ACADEMY

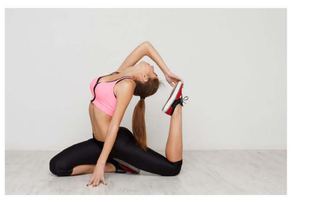
YEAR 12 / 13

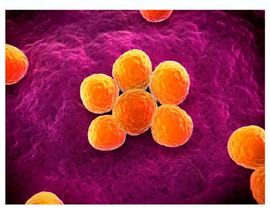
PE
Anatomy & physiology
Prevention of sports injuries
Developing a fitness PEP under fitness training

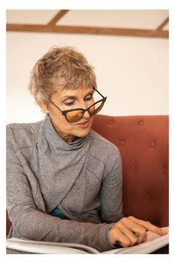
Health and Social Curriculum
Alder hey visits
Growth & development
Life stages (6)
Roles/responsibilities in the health care sector
PIES
Physical
Intellectual
Emotional
Social development

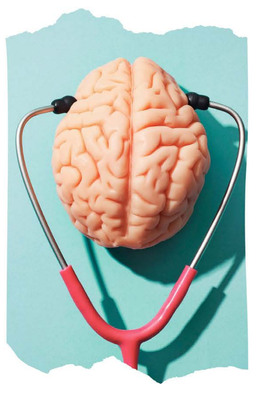
Contraception
Hormonal fertility treatment
Infectious Disease:
Viral Diseases
Bacterial Diseases
Fungal Diseases
Vaccination
Antibiotics & painkillers
Inheritance,
Variation and Evolution:
Sexual Reproduction
Inherited Disorders
Resistant Bacteria & MRSA

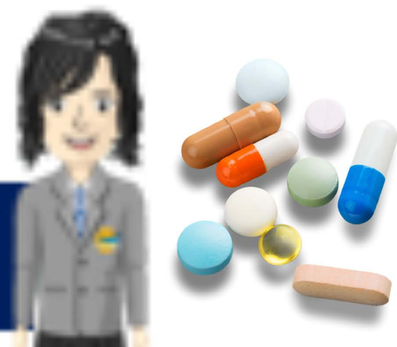












YEAR 11

PSHE and Form Time
Dealing with stress
Alcohol
Who has mental health
Self-harm
Social media & stress
Sugar
Consent

Health and Social
Diet & exercise
Growth & development
BMI
Lifestyle choices
Blood pressure
Lung Capacity
Health + wellbeing improvement plan

Food
Nutrition & Health
Function & nutrients
Evaluation of excess deficiencies

Science
Homeostasis:
Hormonal control in humans
Diabetes and control of blood glucose
Hormones in human reproduction

HEALTHY EATING

Health and Social
Life stages
Adolescence
Infancy
Early childhood
Early
Middle
Later adulthood

KS4 PE curriculum
Fitness suite
Independent training using KS3 knowledge and skills

Science
Bioenergetics:
Respiration
Response to Exercise
Metabolism
Organisation:
Digestive System
The Heart, including Coronary Heart Disease
Blood
Health Issues
The effect of lifestyle on diseases
Cancer
Infectious Disease:
Viral Diseases
Bacterial Diseases
Fungal Diseases
Vaccination
Antibiotics & painkillers

KEEPING SAFE

YEAR 10

endurance
Muscular endurance
Muscular strength
Flexibility/body composition
Skill fitness
Agility
Balance
Coordination

Food
Cultural cuisines
Nutrition & lifestyles
Food & Health
Societal influences
Healthier food practices

Science Curriculum

PSHE and Form Time
Mental Health
Mental Health and Social Media
Stress Management
Mental Resilience
Coping with exam stress
Healthy lifestyles
Smoking
Ways to relax
Body image
Self Halm
Sexualisation
Self Confidence
Brook Sexual Health
Bitesize
Consent

NUTRITION

YEAR 9

PSHE and Form Time
Drugs information & workshops
Drugs
Alcohol
Safe choices
Mental resilience
Self-esteem – love yourself
Eating healthy
Good mental health
Good ways to relax
Sex education
STDs
HIV and Aids
Relationships – different types
Mental health
Motivation
Stress management
Mental resilience
Social media and stress
Drugs and mental health
Coping with exam stress
Healthy lifestyles
Smoking
Consent

KS3 PE curriculum
Develop students to train independently
Components of physical fitness
Cardiovascular

YEAR 8

EXERCISE

Science KS3 curriculum
Reproduction:
Sexual Reproduction
Puberty
The Menstrual Cycle
Embryo Development & Maternal Lifestyle

PSHE and Form Time
You are what you eat
Danger of too much sugar
Healthy diet
CPR training
Dental hygiene
Personal care
Exercise – keeping fit
Dangers of Drugs workshops-ADDACTION
Yoga Intervention
Mindfulness Intervention
Consent

Food
Multicultural cuisine
British and international cuisine
Food choices
Factors affecting food choices
Religion & food
How to reduce costs offered

WELLBEING

YEAR 7

KS3 P.E curriculum
FITNESS TESTING EVERY TERM
Fitness methods of Training:
Continuous
Fartlek
Interval
Hiit
Circuit
Student independent warm ups:
-Pulse Raise
-Mobility
-High intensity activity

Food
Diet, health, lifestyle & energy balance
Macronutrients
Micronutrients
Food & lifestyle
Food choices
Food seasonality

PSHE and Form Time
Developing confidence
Keeping yourself safe
Looking after your emotional health
Self esteem
Stress and Social Media
Healthy Eating
Personal Care
Puberty
Friendships and responsibility
Staying safe
School Counsellor
Consent