

## St Bede's Catholic Middle School

“We are God’s children working together to be our best in love, learning, service and worship.”

### Departmental Scheme of Work

**Curriculum Intent in SMSVC: SMSVC enables our pupils to become healthy, independent and responsible members of our school but also of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up which they will likely face.**

<b>Sequencing of the Curriculum</b>	Michaelmas 1 – Avoiding conflict Michaelmas 2 – Bullying Lent 1 – Changing bodies	Lent 2 – Staying safe in the wider world Trinity 1 – Vocations and money Trinity 2 - Mental health and wellbeing
<b>Progression Model</b>	<p>What <b>knowledge</b> will pupils develop? <i>(Including Key Terminology)</i></p> <ul style="list-style-type: none"> <li>• To understand how the human brain works and how this biologically affects our mental health</li> <li>• To understand what mental health is and why it is just as important as physical health.</li> <li>• Know what positively and negatively affects their physical, mental and emotional health</li> <li>• To begin developing strategies to maintain and support their mental health in a positive way</li> <li>• Children should understand the concept of a ‘balanced lifestyle’</li> <li>• To reflect on and celebrate their achievements, identify their strengths and set high aspirations and goals</li> <li>• to deepen their understanding of good and not so good feelings, to extend their vocabulary to enable them to explain both the range and intensity of their feelings to others</li> <li>• to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these</li> </ul>	<p>What <b>skills</b> will pupils develop? <i>(Including literacy and numeracy)</i></p> <ul style="list-style-type: none"> <li>• Children learn how to label parts of the brain</li> <li>• Children explore different forms of expressing their emotions</li> <li>• Children develop coping strategies that are personalised to themselves and their emotions</li> <li>• Children explore different activities to increase their library of wellbeing activities available to them</li> <li>• Children understand what they can do to help others and their mental health.</li> </ul>

- about people who are responsible for helping them stay healthy and safe; how they can help these people to keep them healthy and safe
- to explore what type of activities makes themselves feel good and relaxed, creating mindfulness strategies which suit themselves as an individual.

### Lesson Objectives

- To explain what unique means and why it is important to be unique.
- To compare what differences people might be mean about and why they are mean.
- To be able to evaluate and praise people for being unique and not discourage it.
- To recall examples of a fixed mindset.
- To examine the difference between fixed and growth mindset.
- To debate how to turn a fixed mindset into growth mindset.
- To understand the effects meditation and relaxation has on my mental health
- To act out guided meditation and assess the impact on my wellbeing.
- To evaluate the impact of guided meditation

### Keywords

Mental health, wellbeing, brain, neurons, mindfulness, exercise, art, talents, positive, negative, growth mindset, balanced lifestyle, strategies

### Ideas of how parents can support children in this unit

- Parents can support their children by talking to children about how they are feeling regularly to have an insight into their children's own mental health.
- Encourage them to talk about this or express their feelings in other ways (drawing, music, dance etc).
- Watch the film "Inside out" and discuss the meaning behind the film.
- Let kids be kids and encourage play, the outdoors and exercise

### Marking/ Assessment of this unit

The lessons for SMSVC are not formally assessed as learning outcomes are subjective and personal to each individual pupil. Pupils' work will regularly be read by teachers and followed up accordingly.

- To identify what mental health is and think about my own.
- To explain what improves mental health.
- To evaluate how to help improve other people's mental health.

**Virtual Curriculum and Extension ideas**

- Explore different types of exercise which will be good for your mental health – which types do you enjoy? Is there a team sport you could get involved with? Any nice walks in the area to explore?
- Print off some mindfulness colouring or create your own – take yourself off to a quiet place and relax (listen to music if you like)
- Explore different types of mediation
- Create a menu for a healthy balanced lifestyle and trial it yourself.
- Virtual curriculum units to complete – photography, food technology, child psychology and development, outdoor skills and well-being.

**Catholic Ethos**

Pupils will be Eloquent in their ability to talk about their emotions and ways that they can support their wellbeing, as well as the wellbeing of others. Pupils will be truthful with themselves in exploring their feelings and emotions in order to respond to their own needs

**SMSVC/ Personal Development**

The SMSVC outcomes are met through the learning objectives stated above.

**Cross Curricular Links**

- Science: Understanding how the brain works. Understanding that a healthy diet contributes to wellbeing and importance of enough sleep.
- Art: mindfulness colouring and using art skills as relaxation in task, pupils are encouraged to practice different drawing and colour skills learnt in Autumn term.
- Music: relaxing music and using music as a way of expression and relaxation. Also, a recap on breathing techniques covered within the Autumn term in music and how this can also be used for relaxation and to play an instrument (wellbeing)
- PE: wellbeing and exercise, the impact of leading a healthy lifestyle and physical exercise on the body.

**British Values**

During this term pupils will be provided with accurate and relevant knowledge towards Mental Health Awareness. They will look at skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives. They will explore opportunities, clarify and if necessary, challenge, their own and others' values, attitudes, beliefs, rights and responsibilities The sessions will enable pupils to develop their self-knowledge, self-esteem and self-confidence. In addition, we will encourage pupils to accept responsibility for their behaviour, show initiative, and to understand how they can contribute positively to the lives of those living and working in the locality of the school and to society more widely.

**Careers**

- Mental health worker
- Scientist
- Nurse
- Doctor
- Therapist
- Social worker
- Teacher
- Behavioural psychiatrist