

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.

Sequencing of the Curriculum	Michaelmas 1 – Positive relationships Michaelmas 2 – Bullying Lent 1 – Respecting our body	Lent 2 – Staying fit and healthy Trinity 1 – Entrepreneurs Trinity 2 - Mental health and wellbeing
Progression Model	<p>What knowledge will pupils develop? <i>(Including Key Terminology)</i></p> <ul style="list-style-type: none"> • Know what positively and negatively affects their physical, mental and emotional health • how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'. • to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet. • to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these • to differentiate between the terms, 'risk', 'danger' and 'hazard'. • to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience • to recognise how their increasing independence brings increased responsibility to keep themselves and others safe 	<p>What skills will pupils develop? <i>(Including literacy and numeracy)</i></p> <p>Children understand the importance of a balanced diet and exercise and how this links with keeping our bodies safe and healthy. They should apply this information to create their own healthy routine and develop their lifestyle. Pupils learn how to create a simple healthy meal led by a chef and build resilience to try new healthy foods and flavours. During this topic, pupils also begin to develop basic first aid skills - such as assessing dangerous situations - DR ABC, how to make an emergency call and how to put somebody into the recovery position.</p>

- Understand how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media
- to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
- school rules about health and safety, basic emergency aid procedures, where and how to get help.
- what is meant by the term 'habit' and why habits can be hard to change
- Discuss why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others.

Lesson objective

- Know what positively and negatively affects their physical, mental and emotional health
- how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'.
- to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet.
- to recognise that they may experience conflicting emotions and when they might need to listen to, or overcome these
- to differentiate between the terms, 'risk', 'danger' and 'hazard'.
- to recognise, predict and assess risks in different situations and decide how to manage them responsibly (including sensible road use and risks in their local environment) and to use this as an opportunity to build resilience

Keywords

Choices, dares, risks, dangers, hazards, safety, drugs, addiction, mental health, physical safety, healthy eating, habit, lifestyle choices, exercise, fit, first aid, DR ABC, response, airway, breathing.

Ideas of how parents can support children in this unit

- Watch some of the training videos from St John's ambulance with the children to broaden their knowledge of basic first aid (e.g. Asthma, Stings, burns, CPR etc)
- Take children out of the house and identify different dangers in outdoor places (e.g. railway station, canal, lake etc).
- Have a discussion about drugs with pupils, discussing which ones they have heard of and answer any questions they may have. Model good behaviour.
- Encourage children to exercise and eat healthy.

Marking/ Assessment of this unit

The lessons for SMVSC 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 recognise how their increasing independence brings increased responsibility to keep themselves and others safe
- Understand how pressure to behave in unacceptable, unhealthy or risky ways can come from a variety of sources, including people they know and the media
- to recognise when they need help and to develop the skills to ask for help; to use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable or anxious or that they think is wrong
- school rules about health and safety, basic emergency aid procedures, where and how to get help.
- what is meant by the term 'habit' and why habits can be hard to change
- Why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others.

Virtual Curriculum and Extension ideas

- Create a leaflet/booklet about first aid – watch some videos on YouTube from the St John's ambulance service to learn more about first aid.
- Create a poster about DR ABC – first aid
- Create a healthy eating plate for a younger sibling to show a balanced diet
- Create a recipe/menu for the week's dinners – considering your healthy diet.
- Get outside (or inside) and exercise for an hour each day (or as often as you can).

Catholic Ethos

Pupils will be faith-filled in thinking about how we can make an impact by Keeping ourselves and others safe. Pupils will feel hopeful that themselves and their families will make healthy lifestyle choices and respect the life that God gave them

SMSVC/ Personal Development

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

Cross Curricular Links

- English links: Write a persuasive letter about healthy lifestyles.
- Links to PE in healthy lifestyles and fitness.
- Links to science and food technology about healthy eating and the importance of keeping our bodies healthy in terms of exercise.
- Maths links to the use of drugs and the cost implications, where pupils work out the costing of coffee/cigarettes and the financial implications. This puts the 4 operations, covered

British Values

The aim for British Values & SMSVC education is to provide pupils with:

- Accurate and relevant knowledge
- Opportunities to turn knowledge into personal understanding
- Opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities

Careers

- Fire fighter
- Health and safety officer
- Police officer
- Doctor
- Paramedic
- Nurse
- Athlete
- Personal trainer
- Builder – site manager
- Safety engineer
- Electrician

in the Autumn terms, into context and prepares them for reasoning.

- All lessons are linked with the catholic virtues and the catholic teachings (RE).
- Activities throughout the sessions include development of Art skills.

- The skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives

St Bede's SMSVC & British Values provision aims to:

- enable pupils to develop their self-knowledge, self-esteem and self-confidence
- enable pupils to distinguish right from wrong and to respect the civil and criminal law of England;
- 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;
- enable pupils to acquire a broad general knowledge of and respect for public institutions and services in England; further develop tolerance and harmony between our country's different cultural traditions by enabling pupils to acquire an appreciation of and respect for their own and other cultures;
- encourage respect for other people; and encourage respect for democracy and support for participation in the democratic processes, including respect for the basis on which the law is made and applied in England

- Plumber