**KS5 Cycle 1 PSHCE Summer 1 Keeping myself healthy**

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|  | **Pathway 1** | **KS5**  **PSHCE**  **Cycle 1** | **Summer Term**  **Keeping Myself Healthy /RSE** | |
| **Learning Intention:** Pupils will explore many aspects of what it takes to be healthy. Pupils will be encouraged to actively take part in activities which are proven to support being healthy. These activities are from many areas including promoting good hygiene, exercise, and mental health. There is also a focus of building self esteem to build happy healthy young adults. | | | | |
| **Key knowledge that should be learned during this SoW** | | **All** | **Most** | **Some** |
| **Concept:** | | That some things are good for us and some are not. | That they need to participate and do certain things in order for them to be healthy and happy. | That they can be in control of keeping themselves healthy.  That they can get help if they are struggling with their health. |
| **Knowledge:** | | Know the importance of washing hands  Know the importance of physical exercise  To enjoy a range of activities which make them feel positive.  RSE taught according to news of class. | Know how germs spread.  To know how to maintain good personal hygiene.  Know the importance of a healthy diet.  To know that everyone has mental health.  RSE taught according to news of class. | To know what supports their own mental and physical health.  To know how to ask for help if they are struggling with their mental health.  RSE taught according to news of class |
| **Key Skills:** | | Participate in various activities to promote good physical health and good mental health. | To participate in activities to boost self esteem and confidence. | To be aware of own feelings and emotions and be able to suggest what they could do to support their mental health.  To take ownership of their health needs  To make an action plan for how they can improve their fitness . |
| **Language and/or communication skills:** | | To know the names of various activities that are related to physical fitness and be able to ask to participate in them. | To be able to ask for help.  To be able to communicate with peers to enjoy games which support physical fitness.  To ask a peer to join a game. | To be able to ask for help regarding their mental health.  To express their feelings. |
| **Curricular Links** | | PE  KS5 PSHCE Cycle 1 Autumn Term Hygiene  KS4 Food Tech Cycle 2 Summer Term Eatwell plate and food etch taught in ks4 in general as focused on health. | | |