

Year 9 - PSHE - Health and Wellbeing

Key Terms

Drug	A substance that can affect how your mind and body works
Stimulant	A type of drug that can increase the activity of the body
Addiction	An uncontrollable need to drink alcohol, take drugs or engage in a particular activity
Volatile Substances	Substances that include glues, cleaning fluids, paint, lighter fuels, aerosol and nail polish remover

PSHE covers a variety of topics that focus developing understanding in four key areas, personal, social, health and economic.

Eating Habits

The Eatwell Guide is used to help us all eat a balanced diet.

Eating five fruits and vegetables a day is beneficial for your health They are a great source of vitamins, minerals and fibre.

Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

Physical Wellbeing and Exercise

The NHS suggests that young people aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.

Physical activity can help to reduce stress and anxiety and reduce your health risks later n life.

Our enrichment program offers many opportunities to engage in team sports to improve your physical health.

Drugs and Addiction

Drugs are substances that change a person's mental or physical state. They can affect the way your brain works, how you feel and behave and your understanding and your senses.

There are three key factors to drug addiction; the individual, the situation and the substance.



Threshold Concepts:

TC7	That there are misconceptions, social norms and cultural values relating to drug, alcohol and tobacco use
TC8	That there are strategies to manage a range of influences on drug, alcohol and tobacco use, including peers
TC9	That there are personal and social risks and consequences of substance use and misuse including occasional use
TC10	That there are benefits of physical activity and exercise for physical and mental health and wellbeing