

Year Group	Pupils should know
Year 7	<ul style="list-style-type: none"> <li>• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> <li>• The characteristics and evidence of what constitutes a healthy lifestyle, maintaining and healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health</li> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> <li>• About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.</li> <li>• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>• Key facts about puberty, the changing adolescent body and menstrual wellbeing</li> <li>• The main changes which take place in males and females, and the implications for emotional and physical health</li> <li>• Basic treatment for common injuries</li> </ul>
Year 8	<ul style="list-style-type: none"> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> <li>• The facts and the science to immunisation and vaccinations</li> <li>• About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.</li> <li>• The characteristics and evidence of what constitutes a healthy lifestyle, maintaining and healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> <li>• The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions</li> <li>• Awareness of the dangers of drugs which are prescribed but still present health risks</li> <li>• The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</li> <li>• Key facts about puberty, the changing adolescent body and menstrual wellbeing</li> <li>• The main changes which take place in males and females, and the implications for emotional and physical health</li> <li>• Basic treatment for common injuries</li> </ul>
Year 9	<ul style="list-style-type: none"> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> <li>• About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</li> <li>• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>• The positive associations between physical activity and promotion of wellbeing, including as an approach to combat stress</li> <li>• The characteristics and evidence of what constitutes a healthy lifestyle, maintaining and healthy weight, including the links between an inactive lifestyle and ill health</li> <li>• The facts about legal and illegal drugs and their associated risks, including the link to serious mental health conditions</li> <li>• Awareness of the dangers of drugs which are prescribed but still present health risks</li> </ul>

	<ul style="list-style-type: none"> <li>• The facts about the harms from smoking tobacco (particularly the link to lung cancer), the benefits of quitting and how to access support to do so.</li> <li>• Peer influence, substance use and gangs: Healthy and unhealthy friendships, assertiveness, substance misuse, and gang exploitation</li> </ul>
Year 10	<ul style="list-style-type: none"> <li>• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> <li>• (Late secondary) the benefits of self-examination and screening</li> <li>• About the science relating to blood, organ and stem donation.</li> <li>• Lifesaving skills, including how to administer PR</li> <li>• The purpose of a defibrillators and when its needed.</li> <li>• <b>Exploring influence:</b> The influence and impact of drugs, gangs, role models and the media. Addressing extremism and radicalisation Communities, belonging and challenging extremism</li> <li>• The facts and science relating to immunisation and vaccination</li> </ul>
Year 11	<ul style="list-style-type: none"> <li>• The benefits and importance of physical exercise, time outdoors, community participation and voluntary and service-based activities on mental wellbeing and happiness</li> <li>• The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn</li> <li>• How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer</li> <li>• About personal hygiene, germs, including bacteria, viruses, how they are spread, treatment and prevention of infection and about antibiotics</li> <li>• About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</li> <li>• Basic treatment for common injuries</li> <li>• Life-saving skills, including how to administer CPR</li> <li>• The purpose of defibrillators and when one might be needed</li> <li>• (late secondary) the benefits of regular self-examination and screening</li> <li>• The facts and science relating to immunisation and vaccination</li> <li>• About the science relating to blood, organ and stem donation</li> </ul>