

Year Group: KS4 (Year A)	Term: Summer 2
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ASDAN Personal Development: Health and Wellbeing

Key Concepts	SMSC & British Values	Lesson Objectives	Key Vocabulary
<p>Health and wellbeing as holistic concepts (physical, mental, emotional, social)</p> <p>Factors contributing to a healthy lifestyle (diet, exercise, sleep, relationships, risk management)</p> <p>Informed decision-making and personal responsibility</p> <p>Recognising and managing risk</p> <p>Healthy relationships and consent</p> <p>Impact of media and social media on wellbeing</p> <p>Sources of support and advice</p> <p>Reflection and self-evaluation</p> <p>Respect for diversity, law, and democratic values</p> <p>Prior Knowledge</p> <p>Basic understanding of health (from KS3 Science/PSHE)</p> <p>Awareness of healthy eating and physical activity</p> <p>Familiarity with the concept of relationships and friendships</p> <p>Basic knowledge of risk and safety (e.g. online, substance misuse)</p> <p>Experience with self-reflection (e.g. target setting, feedback)</p> <p>Understanding of rules, laws, and respect for others</p> <p>Cross-Curricular Links</p> <p>Science (human biology, effects of diet and exercise, substance misuse)</p> <p>Physical Education (importance of physical activity, teamwork, resilience)</p> <p>English (communication, structuring guides, presenting arguments)</p> <p>ICT/Computing (safe use of social media, evaluating sources)</p> <p>Food Technology (nutrition, healthy eating)</p> <p>Religious Education (values, respect for diversity, moral dilemmas)</p>	<p>Spiritual: Self-reflection, understanding personal values and beliefs</p> <p>Moral: Distinguishing right from wrong, considering moral dilemmas, understanding consent</p> <p>Social: Building positive relationships, teamwork, respecting differences</p> <p>Cultural: Appreciation of own and other cultures, challenging stereotypes</p> <p>British Values: Rule of law, democracy, individual liberty, mutual respect, tolerance of different faiths and beliefs</p> <p>Assessment</p> <p>Formative: Weekly contributions to the health and wellbeing guide (each lesson builds a section)</p> <p>Summative: Completed health and wellbeing guide assessed against criteria:</p> <p>Understanding of health and wellbeing factors</p> <p>Ability to make informed choices</p> <p>Reflection on personal development</p> <p>Identification of support sources</p> <p>Adaptations</p> <p>Scaffolded templates for guide sections</p> <p>Sentence starters and vocabulary banks</p> <p>Visual aids and graphic organisers for complex concepts</p> <p>Additional support for EAL/SEND students (e.g. simplified texts, pre-teaching vocabulary)</p> <p>Extension opportunities for high attainers (e.g. research, case studies)</p> <p>Opportunities for verbal contributions and group work</p> <p>Differentiated questioning and tasks</p>	<ol style="list-style-type: none"> Understand the concept of health and wellbeing and identify key factors that contribute to a healthy lifestyle. Explain the importance of physical activity, diet, and sleep for physical and mental health. Recognise and manage risk, including substance misuse, online safety, and making safer choices. Understand healthy relationships, including consent, managing emotions, and recognising negative or risky relationships. Evaluate the impact of media and social media on health and wellbeing, and identify reliable sources of information and support. Reflect on personal development, make informed choices, and communicate understanding by creating a structured health and wellbeing guide. <p>Links to Future Learning</p> <p>Preparation for ASDAN Personal Development</p> <p>Skills for independent living and post-16 education</p> <p>Further exploration of relationships and sex education (RSE) in KS5</p> <p>Science: deeper understanding of human health, biology, and psychology</p> <p>Ongoing development of self-management and resilience skills</p>	<p>Wellbeing</p> <p>Lifestyle</p> <p>Physical health</p> <p>Mental health</p> <p>Emotional health</p> <p>Risk</p> <p>Consent</p> <p>Relationships</p> <p>Resilience</p> <p>Self-esteem</p> <p>Decision-making</p> <p>Support networks</p> <p>Media</p> <p>Social media</p> <p>Diversity</p> <p>Respect</p> <p>Reflection</p> <p>Informed choice</p> <p>Harm</p> <p>Safety</p>

<p>Possible Enrichment:</p> <p>Workshops on mental health, nutrition, or online safety, Visits to local health and wellbeing services or community centres, Participation in national health campaigns (e.g. Mental Health Awareness Week).</p>
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