



Attainment Band :	<u>Physical Health and Fitness</u>	
	Knowledge and Understanding Physical Health and Fitness	Skills
Yellow Plus	<ul style="list-style-type: none"> How to make healthy choices To develop resilience and learn strategies to manage negative influences on lifestyle choices <ul style="list-style-type: none"> Explain and assess the benefits of a balanced diet, appropriate exercise and healthy sleep patterns and explain the potential risks of poor lifestyle choices. Devise a scheme to encourage teenagers to take part in exercise 	<ul style="list-style-type: none"> Self-regulation Managing peer influence Identifying and accessing help and support Developing and maintaining a healthy self-concept Assessing the validity and reliability of information <p>H13. the benefits of physical activity and exercise and the importance of sleep H14. to recognise and manage what influences their choices about exercise H15. the importance of, and strategies for, maintaining a balance between work, leisure and exercise H16. what constitutes a balanced diet and its benefits (including the risks associated with both obesity and dieting) H17. what might influence their decisions about eating a balanced diet H18. how the media portrays young people; to recognise its possible impact on body image and health issues H31. how to access local health services and other sources of support R6/7/30/31</p>
Yellow	<ul style="list-style-type: none"> Explain how to assess the worth and reliability of health information and advice Evaluate the potential risks of poor lifestyle choices Understand why young people should exercise 	
Blue	<ul style="list-style-type: none"> Describe the link between mental wellbeing and physical health. Assess the benefits of a Healthy Lifestyle Describe different types of exercise 	
Green	<ul style="list-style-type: none"> Describe what constitutes a Healthy lifestyle Describe what constitutes a balanced diet Identify strategies to provide a balance between work, leisure and exercise 	
White	<ul style="list-style-type: none"> Name reliable sources of help and support, including local health services. 	



Attainment Band:	Health/Mental Health	
	Knowledge and Understanding	Skills
Yellow Plus	<ul style="list-style-type: none"> • To develop understanding of and strategies to manage the physical and emotional changes of puberty. • To learn about personal hygiene and its importance for young people 	<ul style="list-style-type: none"> • Self-regulation • Developing and maintaining a healthy self-concept • Evaluating the arguments and opinions of others • Identifying thinking traps • Self-regulation
Yellow	<ul style="list-style-type: none"> • Explain what happens during periods (menstruation) and how to manage the related physical and emotional symptoms; • Explain why personal hygiene is important for self-esteem 	<p>H4. to understand that self-esteem can change with personal circumstances, such as those associated with family and friendships, achievements and employment</p> <p>H5. the characteristics of mental and emotional health and strategies for managing it; a range of healthy coping strategies;</p> <p>H7. to manage growth and change as normal parts of growing up</p> <p>H8. the risks and myths associated with female genital mutilation (FGM), its status as a criminal act and strategies to access sources of support for themselves or their peers who they believe may be at risk, or who may have already been subject to FGM</p> <p>H9. the importance of and ways of taking increased responsibility for their own physical health and personal hygiene</p> <p>H31. how to access local health services and other sources of support L5/6</p>
Blue	<ul style="list-style-type: none"> • Explain the physical and emotional changes during puberty and of growing up; • Discuss ways to relieve period symptoms 	
Green	<ul style="list-style-type: none"> • Explain why involuntary erections and wet dreams happen during puberty and how to manage them; • Explain the symptoms with periods 	
White	<ul style="list-style-type: none"> • Describe how to manage physical and emotional changes during and after puberty; • Understand how puberty affects personal hygiene needs; 	
White	<ul style="list-style-type: none"> • Identify ways of telling the difference between myths, opinions and facts about growing and changing. 	