

## S1 HEALTH AND WELL BEING COURSE - 2013/14

Month	Week No	Lesson Title	Aims of Lesson	Resources
August	1 <i>19 Aug</i>	<b>Introduction: Getting to know your peers</b>	Settling in Finding out about each other and Dalziel	Ice Breakers Activities Group work Pen Paper Extra Curricular Booklet
''	2 <i>26 Aug</i>	<b>Introduction: Getting to know your peers – class captains</b>	Building Friendships and relationships with peers	
September	3 <i>2 Sept</i>	<b>class captains Extra Curricular</b>	Discussing roles and responsibilities and making choices to ensure pupil representation within the school	
	4 <i>9 Sept</i>	<b>Rules Rights and Responsibilities</b>	Introduce topics and encourage pupils to examine and develop an understanding of some of the key issues through teacher led discussion, media and worksheets	Human and animal rights video Internet library – case studies Video – The children’s hearing system Nobody gets hurt and pupil workbook Out of use and pupil workbook Paper / Pens
	5 <i>16 Sep</i>	<b>Rules Rights and Responsibilities</b>	<ul style="list-style-type: none"> <li>• Human Rights</li> <li>• Children’s Rights</li> <li>• Young People and the Law</li> <li>• Vandalism</li> </ul>	
	6 <i>23 Sept</i>	<b>Passport To Health</b>	<ul style="list-style-type: none"> <li>• Developing and taking responsibility for all aspects of personal health and well-being by setting targets and completing booklet</li> </ul>	Passport to Health Booklet Extra Curricular Booklet Visit from Active Schools co-ordinator
	7 <i>30 Sept</i>	<b>Passport To Health</b>	Setting achievable and appropriate targets to improve all aspects of physical health, emotional health and diet and nutrition	
October	8 <i>7 Oct</i>	<b>Individual Pupil Needs</b>	Pupils will be able to identify and raise their personal awareness of difficulties faced by young people by; <ul style="list-style-type: none"> <li>• Participating in a Young Carers workshop</li> </ul>	Media : DVD, IPlayer Material Smartboard Paper / Pens Talk from Young Carers
	9 <i>14 Oct</i>	<b>HOLIDAY</b>		

	10 <i>21 Oct</i>	Pupil Safety	<ul style="list-style-type: none"> <li>To raise pupil awareness and highlight risks of the road and fireworks through teacher led and group discussion and completing workbook</li> <li>Firework Poster</li> </ul>	Road Safety booklet what do you think & accidents Your call – road safety pack and DVD <ul style="list-style-type: none"> <li>Fireworks Powerpoint presentation</li> </ul> Poster Paper Coloured Pens
	11 <i>28 Oct</i>	<b>Pupil Safety - Dangers of Fire Works</b>		
November	12 <i>4 Nov</i>	<b>Pupil Safety -</b>		
	13 <i>11 Nov</i>	Bullying	Introduce topics and encourage pupils to examine and develop an understanding of some of the key issues through teacher led discussion, media and worksheets Physical / Psychological / Cyber Bullying <ul style="list-style-type: none"> <li>How to cope with Bullying</li> <li>Why do people bully?</li> <li>Examples of Bullying</li> </ul>	Media : DVD, IPlayer Material Worksheets Smartboard Paper / Pens Internet Resources
	14 <i>18 Nov</i>	<b>Bullying</b>		
	15 <i>25 Nov</i>	<b>Bullying</b>		
December	16 <i>2 Dec</i>	<b>Bullying</b>		
	17 <i>9 Dec</i>	Passport to Health Booklet	Evaluation of Targets within PE and PSHE, setting new personal targets.	Passport to Health Booklets
	18 <i>16 Dec</i>	<b>Passport to Health Booklet</b>		
	19 <i>23 Dec</i>	HOLIDAY		
	20 <i>30 Dec</i>			
January	21 <i>6 Jan</i>	Internet safety	<ul style="list-style-type: none"> <li>Develop an understanding of Internet danger through a variety of teacher led activities</li> <li>Looking at social networks / media and the COPD child protection website</li> </ul>	<ul style="list-style-type: none"> <li>COPD Child Protection website – various media clips</li> <li>Partner / Group work</li> </ul> Discussion
	22 <i>13 Jan</i>	<b>Internet Safety</b>		
	23 <i>20 Jan</i>	<b>Internet Safety</b>		

	24 27 Jan	Health Education	Participation in teacher led discussion, media clips and worksheets to develop a deeper understanding of the dangers to health associated with <ul style="list-style-type: none"> <li>Smoking – New Smoke in your eye resource</li> <li>Alcohol</li> <li>Drug Awareness</li> <li>Partner / Group work</li> </ul> Discussion	Media : DVD, IPlayer Material Worksheets Smartboard Paper / Pens Internet Resources Smoke in your Eyes Resource Pack
	25 28 Jan	Health Education		
February	26 4 Feb	Health Education		
	27 11 Feb	Health Education		
	28 18 Feb	Health Education		
	29 25 Feb	Passport to health	Evaluate personal Health and set new targets	Passport to Health booklet
March	32 4 Mar	Passport to health	<ul style="list-style-type: none"> <li>Health Fayre</li> <li>Health Check up at health Fayre</li> <li>Blood Pressure/weight and height checked</li> </ul>	Health Fayre
	33 11 Mar	Emotional and Mental Health	Pupils will discuss and learn how to promote good positive emotional health and well being	Positive Mental Health Pack
	34 18 March	Emotional and Mental Health		
	35 25 March	Emotional and Mental Health		
April	36 1 April	<h1>Holiday</h1>		
	37 8 Apr			
	38 15 April	Emotional and Mental Health	Pupils will research and discuss body image and the effects of the media Anorexia Bulimia	Internet Media Clips Advertising Campaigns Teacher Discussion

	39 22 April	<b>Emotional and Mental Health</b>		
	40 29 April	<b>Relationships, Sexual Health and Parenting</b>	<p>Teacher led activities and completion of diary should allow pupils to understand good/bad relationships and how to deal with different relationships</p> <ul style="list-style-type: none"> <li>• Friendships</li> <li>• Changing Relationships</li> <li>• Peer Pressure</li> <li>• Introduction to sexual relationships</li> <li>• Partner / Group work</li> </ul> <p>Discussion</p>	<p>Media : DVD, IPlayer Material Smartboard Paper / Pens RSHP materials</p>
May	41 8 May	<b>Relationships, Sexual Health and Parenting</b>		
	42 15 May	<b>Relationships, Sexual Health and Parenting</b>		
	43 22 May	<b>Relationships, Sexual Health and Parenting</b>		
	44 29 May	<b>Relationships, Sexual Health and Parenting</b>		
June	3 June	<b>Relationships, Sexual Health and Parenting</b>		
	10 June	Passsport to Health		
	17 June	Pasport to Health		

Note – Pupils will be given homework regularly – in the form of information gathering