

Year 7 - Keeping Healthy - Staff overview and planning tool

Learning Outcomes

By the end of this module, pupils **WILL** be able to...

- Give examples of the physical and emotional changes that puberty brings for boys, such as a deepening voice, acne, mood swings, thinking about sex differently and wet dreams
- Give examples of the physical and emotional changes that puberty brings for girls, such as hair growth, periods, mood swings and thinking about sex differently
- Understand that the changes that puberty brings are a normal part of becoming an adult
- List ways of keeping healthy, including through personal hygiene, diet, physical activity and sleep

By the end of this module, pupils **SHOULD** be able to...

- Give examples of changes that both boys and girls experience, as well as examples that only one or other of the sexes experience
- Appreciate that everyone's body is different and so puberty will affect different people in different ways and at different rates
- Understand that some of the changes that puberty brings, such as sweating and acne, increases the need for good personal hygiene

By the end of this module, pupils **COULD** be able to...

- Speak maturely about the changes that their bodies are experiencing

William Ellis School Aims:

- To educate on the key facts about puberty for both sexes and the implications these can have on emotional and physical health
- To discuss ways to keep healthy, including personal hygiene, diet, physical activity and sufficient sleep and encourage students to take ownership of these

Statutory Requirements—What pupils should know:

- key facts about puberty, the changing adolescent body and menstrual wellbeing
- the main changes which take place in males and females, and the implications for emotional and physical health
- about personal hygiene, germs including bacteria, viruses, how they are spread, treatment and prevention of infection, and about antibiotics
- about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist
- the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including links between an inactive lifestyle and ill health, including cancer and cardio-vascular ill-health
- the importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn

Key Words:

Puberty - when a child's body begins to develop and change as they become an adult

Acne - a skin condition that affects most people at some point, which causes spots and oily skin most commonly on the face, back and chest

Period - the part of the monthly menstrual cycle where a girl/woman, if not pregnant, bleeds for several days to discharge the lining of the uterus

Consistency:

All lessons should begin with a starter to settle the class. Students should write the date and title in their book before use. The three lessons should be planned as a sequence, with the above learning outcomes. These will be made explicit to the students. The lessons should include activities that allow the teacher to gauge how fully these learning outcomes have been

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If you have found this topic has resonated with you or you would like to learn more see below...

Where can I get support?

If you are unsure about any of the changes you are experiencing please speak to an adult that you trust. In school this could be a form tutor or any other grown up that you feel comfortable with.

If you are not ready to speak to someone that you know, Childline is a free, private and confidential service where you can talk about anything. You can call for free on [0800 1111](tel:08001111) or get in touch online at <https://www.childline.org.uk/>. You will not have to give your name and they will not tell your parents or the school that you have called.

If you are worried about your health the NHS provides medical information via www.nhs.uk

Further Reading:

For more information on puberty visit:

www.childline.org.uk/info-advice/you-your-body/puberty/

The above has a section for boys, for girls, on period, on trans puberty, on peer pressure and on staying healthy.