

| Lesson | Key Stage 3 | | | Key Stage 4 | |
|----------|---|--|--|-------------------------------------|--|
| | Year 7 | Year 8 | Year 9 | Year 10 | Year 11 |
| 1 | Introduction and What do we mean by a 'Healthy Lifestyle'? How can I commit to a Healthy Life? | Self Confidence and goals | Vaccinations, organ and blood donation, stem cells | Social media and self Esteem | Perseverance and procrastination |
| 2 | How can I keep a Balanced Diet? Healthy Meals, food groups | Cancer Awareness | Drugs and the Law | How harmful is binge drinking? | Gambling and online gaming |
| 3 | How do I know I am eating Healthy? Food labels and Dangers – what are the consequences of not living healthy? | Teen pregnancy and parenting | What are acid attacks? | Screen time – how much is too much? | How does privilege affect us? |
| 4 | What are class A, B and C drugs | Personal safety | Why are people selfie obsessed? | Tattoos and piercings | Identity and Diversity |
| 5 | How dangerous are drugs and what are the different types? | Discrimination teens and media | Why do people self-harm? | Why do people commit suicide? | Obesity and body positivity |
| 6 | What is the big deal about energy drinks and why is smoking bad for us | The importance of sleep and what is mindfulness? | How to cope with stress and how to manage anxiety? | Hate crime, body positivity | Personal safety and wider world, health and safety at work |