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**Subject Intent:**

**At Pool Hayes Academy, our Health & Wellbeing curriculum:**

- Plays a vital role in equipping pupils with the knowledge and skills to lead safe, healthy and fulfilling lives both now and in the future.
- Ensures pupils develop mental resilience, self-awareness and emotional literacy, enabling them to navigate life's challenges with confidence and empathy.
- Promotes understanding of physical health, nutrition and regular exercise, and how these contribute to long-term wellbeing.
- Prepares pupils to recognise and respond to risks associated with drugs, alcohol and tobacco, fostering responsible decision-making.
- Encourages a respectful and age-appropriate understanding of the human body, puberty and personal health.
- Builds confidence in administering basic first aid and responding effectively in emergency situations.
- Nurtures respectful, healthy and inclusive relationships, helping pupils understand consent, boundaries and mutual trust.
- Develops pupils' ability to evaluate the impact of media, online activity and digital interactions on self-image, identity and relationships.
- Encourages discussion of diverse family structures and equips pupils to show kindness, tolerance and compassion towards others.
- Supports pupils in exploring their identity and relationships, including sexual health, in a safe and supportive environment.

**Pool Hayes Academy**  
Health & Wellbeing Learning Journey

On your way to becoming a responsible, healthy, resilient and kind young adult

**YEAR 11**

- Driving Test
- University Finance
- Apprenticeships
- Mortgages and Pensions
- Disability Rights
- Racial Prejudice
- British Values
- Pregnancy
- Labour
- Sex and Relationships
- Infection
- Organ Donation
- Health
- Cancer
- Fertility
- Alcohol, drugs and sex
- Honour Based Violence
- Alcohol, drugs and sex
- Smoking
- Teenage Pregnancy
- Domestic Violence
- Sex and Relationships
- Sexual Health Recap
- Conflict
- Alcohol and Drug abuse
- Addiction
- Images online
- Grooming
- Eating Disorders
- Body Image
- Media Messages
- Stereotypes
- Toxic Masculinity
- British Values
- History of Women's Rights
- Smoking
- Job Types
- Options
- Consent
- Support
- Wellbeing
- Run Hide Tell
- Run Hide Tell
- Safety
- Road Safety
- Risk Taking
- Healthy Eating
- Exercise
- Healthy Bodies
- Sleep
- Forced Marriage
- Human Rights
- Anti-Social Behaviour
- Trust and Consent
- Self Esteem
- Dealing with Grief
- CPR
- Democracy
- Careers
- Money
- Fake News
- Social Media
- Emotional Changes
- Hygiene
- Friendships
- Relationships
- Peer on Peer Abuse
- Family
- Physical changes
- Cyber Bullying
- Behaviour
- Your future
- E-Safety
- Rule of Law
- PREVENT
- Primary survey
- Minor cuts and injuries
- First Aid
- British Values

**YEAR 10**

- Appearance Ideals
- Body Image
- Media Messages
- Stereotypes
- Toxic Masculinity
- British Values
- History of Women's Rights
- Smoking
- Job Types
- Options
- Consent
- Support
- Wellbeing
- Run Hide Tell
- Run Hide Tell
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- Road Safety
- Risk Taking
- Healthy Eating
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- Physical changes
- Cyber Bullying
- Behaviour
- Your future
- E-Safety
- Rule of Law
- PREVENT
- Primary survey
- Minor cuts and injuries
- First Aid
- British Values

**YEAR 9**

- Appearance Ideals
- Body Image
- Media Messages
- Stereotypes
- Toxic Masculinity
- British Values
- History of Women's Rights
- Smoking
- Job Types
- Options
- Consent
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- Behaviour
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- Rule of Law
- PREVENT
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- Minor cuts and injuries
- First Aid
- British Values

**YEAR 8**

- Appearance Ideals
- Body Image
- Media Messages
- Stereotypes
- Toxic Masculinity
- British Values
- History of Women's Rights
- Smoking
- Job Types
- Options
- Consent
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- Behaviour
- Your future
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- Rule of Law
- PREVENT
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- Minor cuts and injuries
- First Aid
- British Values

**YEAR 7**

- Appearance Ideals
- Body Image
- Media Messages
- Stereotypes
- Toxic Masculinity
- British Values
- History of Women's Rights
- Smoking
- Job Types
- Options
- Consent
- Support
- Wellbeing
- Run Hide Tell
- Run Hide Tell
- Safety
- Road Safety
- Risk Taking
- Healthy Eating
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**ASPIRATION RESPECT EXCELLENCE RESILIENCE**

### Links to curriculum map:

[Curriculum Map.docx](#)

### Assessment outline:

**Formative assessment** is a type of assessment used throughout the learning process to monitor student progress and provide feedback, aiming to improve both teaching and learning. It's not about assigning grades, but about helping students understand their strengths and weaknesses and how they can improve.

**Summative assessments** are evaluations conducted at the end of a learning period, such as a unit, course, or program, to assess a student's overall understanding and achievement. They are designed to gauge what a student has learned and whether they have met specific learning objectives.

### Formative:

- Debating
- Discussion
- Role play
- Quizzes

### Summative:

- Beginning of unit knowledge test (low stakes)
- End of unit knowledge test (low stakes)

***We do not summatively assess in this subject; however, baseline knowledge checks and end-of-unit assessments help us gauge pupil understanding and engagement across each topic.***

### Extra-curricular activities:

- Anti-Bullying Ambassador Program (The Diana Award)

### What we are proud of:

At Pool Hayes Academy, our Health & Wellbeing curriculum is a point of genuine pride. It is holistic, inclusive and empowering, built on the belief that every pupil deserves to be equipped with the knowledge, values and confidence to make informed choices, care for themselves and others, and thrive in the wider world.

### **1. A Curriculum for Life**

We are proud to offer a curriculum that addresses real-world issues and prepares pupils for the challenges and opportunities of life beyond school. From first aid to digital safety, healthy eating to respectful relationships, our pupils gain practical knowledge they can apply throughout their lives.

### **2. Promoting Mental and Emotional Wellbeing**

Our curriculum supports pupils in developing emotional literacy, resilience and self-awareness. We encourage open, thoughtful conversations about mental health, equipping pupils to manage stress, navigate change and seek support when needed.

### **3. Equipping Pupils to Make Safe and Informed Choices**

Whether learning about online safety, substance misuse or sexual health, we provide accurate, age-appropriate information that empowers pupils to make informed, safe decisions. We foster personal responsibility while creating space for open, non-judgemental exploration of complex topics.

### **4. Respectful, Inclusive Relationships**

We are proud to promote a strong foundation in respectful, healthy and inclusive relationships. Pupils explore the importance of trust, boundaries and consent, learning how to communicate effectively and navigate friendships and intimate relationships with empathy and understanding.

### **5. Inclusive and Reflective of All Pupils**

Our curriculum reflects and respects the diverse experiences of our school community. We are committed to providing an inclusive space where every pupil, regardless of background or identity, feels seen, supported and valued. Lessons are shaped by representation, cultural relevance and accessibility.

### **6. Developing Health Literacy and Lifelong Habits**

We instil a robust understanding of the connections between physical, emotional and social health. Pupils learn the value of nutrition, movement, hygiene and preventative healthcare, building the foundations for lifelong wellbeing.

### **7. Future-Focused Guidance**

We are proud that our curriculum includes thoughtful careers education and guidance. Pupils are encouraged to consider their goals, aspirations and future pathways — supported to build the confidence, character and clarity to shape their own futures.

### **8. Nurturing Compassionate Citizens**

Beyond knowledge, our Health & Wellbeing curriculum fosters kindness, respect and social responsibility. Pupils leave Pool Hayes Academy not only with the tools to look after themselves but also the empathy to contribute meaningfully to their communities and society.