

Year 8	Lesson 1 Physical, Mental and Emotional Health and Wellbeing Lesson Plan
Ground Rules	Slide of ground rules
Warm-up	<p>Introduction slide outlining that what we eat, how we exercise, how we manage stress and relationships has an impact on our wellbeing so we must make good decisions in relation to these areas.</p> <p>How Healthy are You? – This is a quiz of 8 simple questions assessing their general nutrition and physical activity.</p> <p>Once students have completed the quiz, there is a further slide that outlines the scoring.</p> <p>Students do not have to share their results if they don't want to. This is a short quiz developed by a personal trainer/nutritionist which is aimed at raising awareness of any food or activity issues without embarrassing them in front of their peers.</p>
Lesson Aims	<p>Today we are going to - taken from the PSHE Association Curriculum Framework 2014 (updated 2017)</p> <ul style="list-style-type: none"> • Learn how to maintain physical, mental and emotional health and wellbeing • Learn how to assess and manage risks to health and to keep yourself and others safe
What is Wellness?	Explanation and covers decision making and commitment
Your Total Health	How decisions affect all parts of your health triangle which includes your Physical, Mental/Emotional and Social needs
Physical Health	<p>Explaining the importance of this to body performance and energy levels</p> <p>Class discussion:</p> <ul style="list-style-type: none"> • How do you get to school – are there options? • What exercise do you do and for how long? • How much time per day do you spend online? • How many hours sleep do you have per night – school and non-school nights? • What factors influence the above? • Teacher to record feedback
Mental And Emotional Health	<p>Benefits of good MEH on feelings, decisions, challenges and responsibilities</p> <p>Class discussion:</p> <ul style="list-style-type: none"> • Why might someone be a glass half-empty or half-full type of person? • What does this do to their thinking? • What factors influence these? • Teacher to record feedback

Social Health	Ways to take care of this and who is in your network
Balance	Importance of the 3 areas and benefits to wellness
What Affects Your Health	<ul style="list-style-type: none"> • Heredity • Environment • Media and technology • Your values, attitude and behaviour
Heredity	<p>Class discussion:</p> <ul style="list-style-type: none"> • Your heredity refers to all the traits that were biologically passed on to you from your parents • What traits could be passed onto you through your family? <p>Let's discuss - use examples and compare with class feedback</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Environment	<p>Class discussion:</p> <p>Your environmental influences include:</p> <ul style="list-style-type: none"> • The physical places where you live • The people you spend time with • Your culture • What specific influences can impact on you? <p>Let's discuss - use examples and compare with class feedback</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Media And Technology	<p>How it can have positive and negative impact on health, get them to name some</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Attitude	How focussing on the positive is good for health
Good Behaviour	Explains that there are areas you have direct control of and choosing good behaviours is vital in total health
Choices and Risk Factors	How choices and risk factors that can contribute to poor health and illness
Prevention	<p>Identifying some examples of good habits and protection from risks</p> <p>Ask for their examples</p> <ul style="list-style-type: none"> • Teacher can record as appropriate

Total Wellbeing	<p>In Groups of 4:</p> <ul style="list-style-type: none"> • Your goal is to plan to achieve Total Wellbeing and Positive Mental Health • Complete the Wheel of Wellbeing template and under the headings provided, list some of the key positive things you can do to help you to achieve your goal • Present your Wheels to the rest of the class <p>Feedback and Class discussion</p> <ul style="list-style-type: none"> • Teacher can record as appropriate
Help and Support	<p>Where to go for any help and support and a handout listing organisations they can approach confidentially</p> <p>As School Nurses visit schools at different times and days, teachers need to ensure they cover their schools dates and accessibility rules in this section</p> <p>Teachers need to cover the 'Your guide to children and young people's emotional health services</p>
Evaluation	<p>Your reflection and feedback is important!</p> <ul style="list-style-type: none"> • Use 'What I Learned Today' evaluation form – students to complete these anonymously and hand them in for teacher to review and assess.