

Year group	Schemes of work – Healthy lifestyles
7	<ul style="list-style-type: none"> <li>• Origins of disease through the spread of the plague (history)</li> <li>• Unit of work on food – its origins, famine, fish quotas (geography)</li> <li>• Contraception and links to mortality rates (geography – population)</li> <li>• Vaccinations and their link to infant mortality rate (geography population)</li> <li>• Life expectancy and levels of development (geography – population)</li> <li>• Medicines and foods from the rainforest (geography – living world)</li> <li>• Health Eating – Energy in Food (science 7I)</li> <li>• Percentages in relation to Credit Cards, Mortgages, Debt (maths)</li> <li>• Eatwell Guide, five a day (catering)</li> <li>• Mental wellbeing – e-safety project looking at how to maintain a safe and healthy digital experience (ICT)</li> <li>• All practical work requires students to be active, standing rather than sitting and physical work with tools (DT)</li> <li>• Free time activities – saying what sports the children do, reading about different hobbies, taking part in a longer conversation about free time (MFL)</li> <li>• Describing your family and friends (MFL)</li> <li>• Heroes and villains scheme focuses on healthy role models including sportsmen and women (English)</li> <li>• Lessons discuss morality and includes examples of people who have an unhealthy outlook on life (English)</li> <li>• London scheme includes a lesson on pollution and the effects of it on our health (English)</li> </ul>
8	<ul style="list-style-type: none"> <li>• Agricultural revolution – genetic engineering of livestock (history)</li> <li>• Crop rotation and the fertility of soil (history)</li> <li>• Risky world – explanation of HIV/AIDS (geography)</li> <li>• Risky world – knife crime (geography)</li> <li>• Risky world – malaria (geography)</li> <li>• Risky world – heart disease (geography)</li> <li>• Healthy Eating – Food and digestion (science)</li> <li>• Healthy Eating - Microbes and disease (science)</li> <li>• Percentages in relation to Credit Cards, Mortgages, Debt (maths)</li> <li>• Importance of less fat, sugar, salt and more fibre (catering)</li> <li>• Adapting recipes to make them healthier (catering)</li> <li>• Dietary – Event organising, responsibility for all food groups to be catered for (ICT)</li> <li>• All practical work requires students to be active, standing rather than sitting and physical work with tools (DT)</li> <li>• Healthy lifestyle homework project (DT)</li> <li>• Saying what food you like, describing mealtimes (MFL)</li> <li>• Talking about sporting events (MFL)</li> </ul>

	<ul style="list-style-type: none"> <li>• Issues scheme uses an article concerning Extinction Rebellion (English)</li> <li>• Health risks are discussed in a lesson on tattoos (English)</li> <li>• Healthy eating articles are analysed (English)</li> <li>• Dangerous sports are debated and discussed (English)</li> </ul>
9	<ul style="list-style-type: none"> <li>• Lessons consider the effects of social media on mental wellbeing (English)</li> <li>• A language paper includes an essay on the advantages of an active lifestyle (English)</li> <li>• The pros and cons of travel are debated with special focus on how it affects our mental and physical health (English)</li> <li>• Healthy Eating – Food and digestion (science)</li> <li>• Percentages in relation to Credit Cards, Mortgages, Debt (maths)</li> <li>• Recap on Eatwell Guide and five a day (catering)</li> <li>• Functions of vitamins and minerals (catering)</li> <li>• Nutritional labelling (catering)</li> <li>• All practical work requires students to be active, standing rather than sitting and physical work with tools (DT)</li> <li>• Talking about free time activities, talking about sports (MFL)</li> <li>• Describing meal times (MFL)</li> <li>• Talking about illnesses (MFL)</li> <li>• Talking about typical foods (MFL)</li> </ul>
10	<ul style="list-style-type: none"> <li>• The importance of vaccinations in reducing infant mortality rate – with reference to MMR uptake in the UK (geography)</li> <li>• Healthy Eating – Diet (science)</li> <li>• Percentages in relation to Credit Cards, Mortgages, Debt (maths)</li> <li>• Recap on healthy eating (catering)</li> <li>• Encouraged to use wholemeal bread, pasta and flour during the teaching of cereals (catering)</li> <li>• All practical work requires students to be active, standing rather than sitting and physical work with tools (DT)</li> <li>• Talking about healthy eating, discussing diet related problems (MFL)</li> <li>• Poetry exam focuses on inner conflict including the effects of PTSD (English)</li> <li>• Speaking and listening activities include talks on how to develop a moral outlook on life (English)</li> <li>• An Inspector Calls focuses on inequality and the health implications (English)</li> </ul>
11	<ul style="list-style-type: none"> <li>• The challenge of natural resources – food miles (geography)</li> <li>• Causes of malnutrition and under nutrition (with example of the boy who is blind in the UK as a result of poor nutrition) (geography)</li> <li>• GM crops – pros and cons (geography)</li> <li>• Percentages in relation to Credit Cards, Mortgages, Debt (maths)</li> <li>• Eight government guidelines on healthy eating (catering)</li> <li>• Nutritional needs of individuals e.g. different stages of life (catering)</li> <li>• All practical work requires students to be active, standing rather than sitting and physical work with tools (DT)</li> <li>• Considering global issues (MFL)</li> </ul>

- Discussing healthy lifestyles (MFL)
- Jekyll and Hyde deals with bipolar and other mental health issues (English)
- Language papers look at pollution and the stresses of adolescence (English)