

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

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

- 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)