

# HEALTH & WELLBEING

YEAR 9	TOPIC	LEARNING PATH 1 – LP1	LEARNING PATH 2 – LP2	Learning Links
St 1	How do we grow and develop throughout our lives?	Explain ways in which we grow and develop Physically, Intellectually, Emotionally and Socially across all life stages.	Explain ways in which we grow and develop Physically, Intellectually, Emotionally and Socially.	Knowledge organiser Statements 1-4
St 2	How do different factors impact our growth and development?	Assess the impact of factors which could impact an individual Physically, Intellectually, Emotionally, Socially.	Explain a range of factors which could impact an individual Physically, Intellectually, Emotionally, Socially.	
St 3	How do life events impact us?	Assess the impact of life events which could impact an individual Physically, Intellectually, Emotionally, Socially.	Explain a range of life events which could impact an individual Physically, Intellectually, Emotionally, Socially.	
St 4	How do different sources of support aid us to overcome life events?	Assess the impact of Formal & informal support and charities are and explain how this support could benefit someone going through a life event.	Explain what Formal & informal support and charities are and how this support could benefit someone going through a life event.	
St 5	How can different therapies impact my health and well-being?	I can assess the impact of therapies on individuals which mental health concerns.	I can explain therapies which could help improve an individual's health and wellbeing.	
St 6	How can creative activities impact my health and well-being?	I can lead and reflect upon my delivery of a creative activity which could help improve an individual's health and wellbeing.	I can identify a creative activity to suit the needs of an individual in a case study and explain how it could help improve an individual's health and wellbeing.	



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YEAR 9	TOPIC	LEARNING PATH 3 – LP3	LEARNING PATH 4 – LP4	Learning Links
St 1	How do we grow and develop throughout our lives?	Describe ways in which we grow and develop Physically, Intellectually, Emotionally and Socially.	Identify ways in which we grow and develop Physically, Intellectually, Emotionally and Socially.	Knowledge organiser Statements 1-4
St 2	How do different factors impact our growth and development?	Describe factors which could impact an individual Physically, Intellectually, Emotionally, Socially.	Identify factors which could impact an individual Physically, Intellectually, Emotionally, Socially.	
St 3	How do life events impact us?	Describe life events which could impact an individual Physically, Intellectually, Emotionally, Socially.	Identify life events which could impact an individual Physically, Intellectually, Emotionally, Socially.	
St 4	How do different sources of support aid us to overcome life events?	Describe Formal & informal support and charities and how this support would benefit someone going through a life event.	Identify Formal & informal support and charities and how this support would benefit someone going through a life event.	
St 5	How can different therapies impact my health and well-being?	I can describe therapies which could help improve an individuals health and wellbeing.	I can identify therapies which could help improve an individuals health and wellbeing.	
St 6	How can creative activities impact my health and well-being?	I can explain 2 or more types of creative activities and the impact of them on an individuals health and wellbeing.	I can describe 2 different creative therapies which an individual might do to improve their health and wellbeing.	



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RESPONSIBILITY

TOLERANCE

RESPECT

CURIOSITY

KNOWLEDGE

RESILIENCE