

Meden School Curriculum Planning							
Subject	PD	Year Group	7	Sequence No.	3	Topic	3

Retrieval	Core Knowledge
What do teachers need retrieve from students before they start teaching new content ?	What specific ambitious knowledge do teachers need teach students in this sequence of learning?
Recap – using what the students have learnt to answer the title question	<p>What are the characteristics and positives of one-to-one relationships?</p> <ul style="list-style-type: none"> • In this context, a one-to-one relationship means a romantic relationship eg boyfriend or girlfriend, or husband or wife, or partner! • Spoken word poem explaining the importance of commitment in a one-to-one relationship. Explains how commitment to one another can be the foundation of a relationship but not the only part., • Mutual respect, commitment, loyalty, trust. • Meanings – mutual respect is about everyone being valued for who they are and what they bring to the relationship, commitment: being dedicated to a relationship or person, loyalty: a strong feeling of support or allegiance, trust: to rely on another person because you feel safe with them and have confidence that they will not hurt or violate you. • Commitment is the most important factor in developing a positive one-to-one relationship oracy task. • Daisy I disagree as if you are loyal to a person you won't hurt them., • Tom I agree because commitment shows dedication to a relationship., Lacey I disagree because without mutual respect, commitment would not work • Roger I disagree as trusting the other person is more important. • Teacher led discussion on the reasons why students have agreed with the statement they have. <p>Exercise and mental health.</p> <ul style="list-style-type: none"> • Why should we exercise? • Regular exercise keeps your heart and lungs healthy • The more regularly you exercise the fitter you become • The fitter you become the slower your resting heart will become • Exercise helps you lose weight as you are burning off calories as you exercise • As you exercise blood pumps around your body quicker as it is delivering oxygen to the muscles • This allows you to keep exercising without getting tired. • The amount you eat should be in balance with how much you exercise • If you eat too much and do not do enough exercise you will become overweight.
Oracy recap Talk Task: exercise is great for my mental health because it allows me to connect with other people.	

	<ul style="list-style-type: none"> • If you eat too little and do too much exercise you can become underweight. • You should do at least 20-30 minutes exercise per day. • This can include walking, yoga, sports like football and rugby, etc. • How does exercise help your mental health? • better sleep – by making you feel more tired at the end of the day • happier moods – physical activity releases feel-good hormones that make you feel better in yourself and give you more energy • managing stress, anxiety or intrusive and racing thoughts – doing something physical releases cortisol which helps us manage stress. Being physically active also gives your brain something to focus on and can be a positive coping strategy for difficult times • better self-esteem – being more active can make you feel better about yourself as you improve and meet your goals • reducing the risk of depression – studies have shown that doing regular physical activity can reduce the likelihood of experiencing a period of depression • connecting with people – doing group or team activities can help you meet new and like-minded people, and make new friends. • Height and weight chart • A height and weight chart gives you an approximate measure of what your weight should be in comparison to your height. • Problems with the height and weight chart are that it is not always an accurate measure of a persons health and wellbeing. For example, rugby players often fall into the overweight/obese category as they are significantly heavier than an average person, but are professional athletes. <p>LGBTQ+ history month Increase awareness of the history of the LGBTQ+ community in Britain and ensure awareness that there is still work to be done in creating community links.</p> <p>Puberty and emotional changes Puberty is the stage in someone's life when they develop from a child into an adult because of changes in their body that make them able to have children. These physical changes are accompanied by changes that can affect emotions as hormones change and people's identities develop.</p> <p>For many girls, getting their first period is an indicator of the start of puberty. Boys begin puberty sometime between the ages of 9 and 14. Boys hit puberty about two years later than girls. But puberty starts when the body is ready. Everyone grows at their own pace.</p>
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