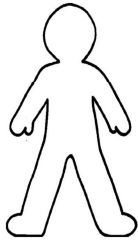


My Body



Healthy Eating

Pupils should know:

How to maintain healthy eating and the links between a poor diet and health risks, including tooth decay and cancer.



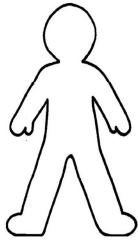
Physical Health & Fitness

Pupils should know:

The positive associations between physical activity and promotion of mental wellbeing, including as an approach to combat stress.

The characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.

About the science relating to blood, organ and stem cell



Health & Prevention

Pupils should know:

About personal hygiene, germs including bacteria, viruses, how they spread, treatment and prevention of infection, and about antibiotics.

About dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist.

(Late secondary) The benefits of regular self-examination and screening.

The facts and science relating to immunisation and vaccination.

The importance of sufficient good quality sleep for good health and how a lack of sleep can affect weight, mood and ability to learn.



Changing Adolescent Body

Pupils should know:

Key facts about puberty, the changing adolescent body and menstrual wellbeing.

The main changes which take place in males and females, and the implications for emotional and physical health

Laws
- Sexuality
- Gender Identity