

HALF TERM 4 THEME: BODY AND MIND			Year 7	Year 8	Year 9	Year 10	Year 11
Date	Assembly	Wellbeing	My body my choice	Sexuality and diversity	Assessing risks	Positivity and role models	Strategies for coping with pressure
28/02/22	The dark side of social media	Communication	Respecting yourself	LGBTQ key terminology	The dangers of legal drugs	My carefully curated life... The dark side of social media	Coping with stress
07/03/22	Diversity	Calm	Unwanted touching (consent)	Why is LGBTQ still an issue?	When alcohol leads to risky behaviour	Body positivity despite the internet	Dealing with exam anxiety
14/03/22	LGBTQ+	Character	What is sexual harassment?	The law of equality – who is protected	The law surrounding drugs possession	The influence of negative role models	Committing to self care
21/03/22 St. Patricks day	Positive role models	Confidence	Physical respect for others	The legal rights relating to equality	Addiction and the consequences	The influence of positive role models	Using physical activity to promote well being
28/03/22	Equality and the protected characteristics	Creativity	Body positivity	What does it actually mean to treat people equally?	Evaluating how an action can impact mental health	Living as an LGBTQ person	Where to seek mental health help when you need it
04/04/22	Body positivity	Recap	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share	Recap/discuss/share
CHALLENGE DAY 8 <sup>th</sup> April						EBP	Intervention
			Race at your place				