

# Year 7 RSE & PSHE

## Spring 2

### Health and Puberty



Name \_\_\_\_\_ Class \_\_\_\_\_

Teacher \_\_\_\_\_ Room \_\_\_\_\_

## Lesson 1 - Physical and Mental Wellbeing

### Learning outcomes

- identify the link between physical and mental wellbeing
- describe strategies for improving physical and mental wellbeing
- explain ways to help those who need support with their physical and/or mental wellbeing

**Decide if each of these statements is true or false and write your answer in the table below.**

	True or false?
1. Getting enough sleep helps the body to repair.	
2. Having no sleep can give a person more energy to do the things they enjoy.	
3. Exercise sends lots of blood to the brain making a person feel more awake. This can also help with concentration.	
4. Sleeping can help people remember things better.	
5. Doing enjoyable physical activity can make people feel good.	
6. Having a bath or warm shower can make a person feel more relaxed which can help with sleep.	
7. Most people feel sadder after they exercise.	
8. Young people should get 2-3 hours of sleep a night.	
9. Swapping to low sugar drinks or swapping sugary snacks for fruit and veg are the best choices and can help to keep the brain and body healthy.	
10. Sleeping gives the human body a chance to re-balance hormones which can make a person wake up feeling good.	
11. Nuts, seeds and oily fish contain vitamins and minerals that are good for the brain.	
12. Exercise releases hormones called endorphins which can make people very unhappy.	

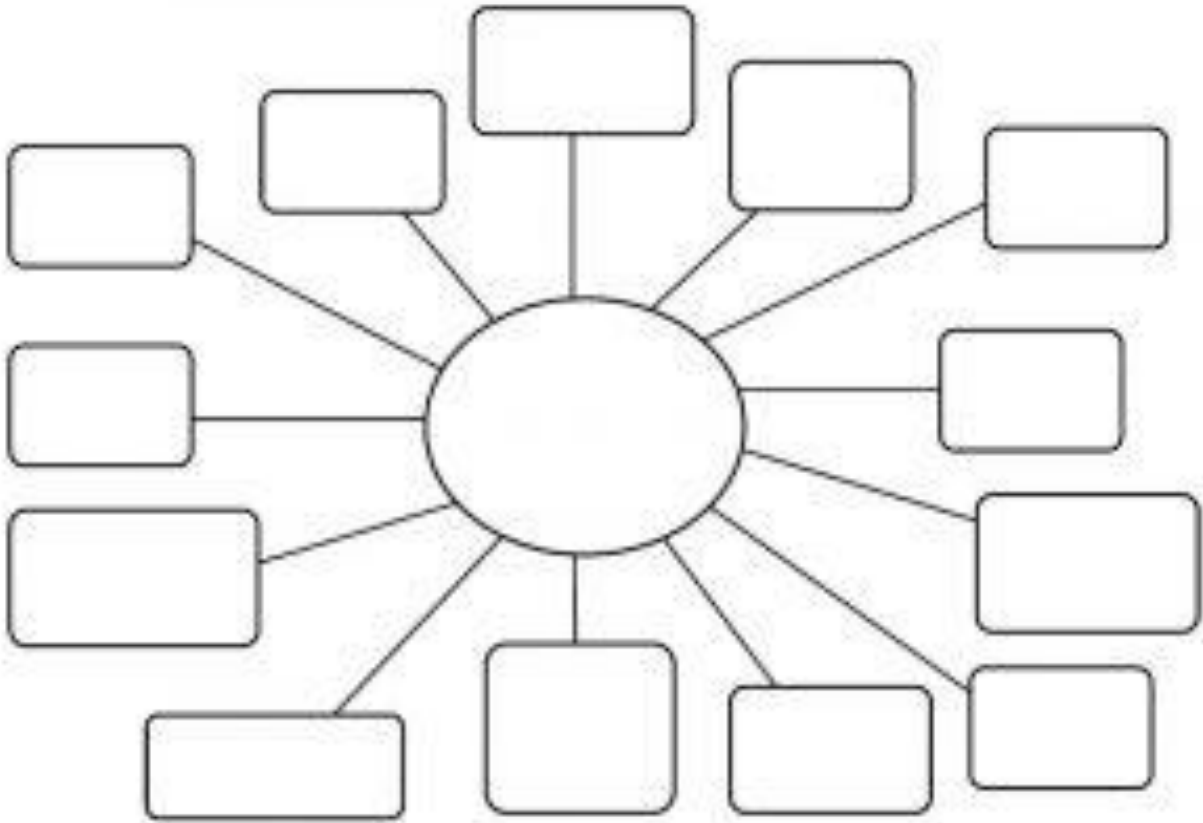
### Glossary

<b>Concentration</b>	When a person can think or focus on one thing for a long time.
<b>Mood</b>	A word to describe how a person feels.
<b>Repair</b>	Another word for mend or fix.
<b>Hormones</b>	Chemicals found in the human body.

**Challenge:** Use two different coloured pens to group the statements into strategies that support:

Mental wellbeing  
Physical wellbeing

## Promoting Wellbeing



## Five Ways to Wellbeing

Under the speech bubbles, write down as many examples as you can think of for each area



## Discussion

How did physical activity affect MC Malik's mental wellbeing?

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What did MC Malik suggest are good ways to motivate people and get the most out of exercise?

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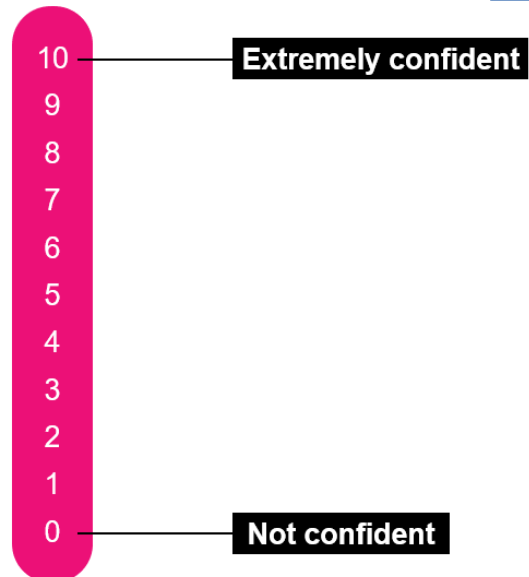
## Blog / Poster Challenge

Create a blog post or poster to show your understanding of the following:

- The benefits of exercise on physical and mental wellbeing
- The options for physical activity in your local area
- Helpful strategies to help people do physical activity every day
- The ways in which you would encourage people to be more active who are lacking in confidence

# How confident are you in...

- a. identifying the link between physical and mental wellbeing?
- b. describing strategies for improving physical and mental wellbeing?
- c. explaining ways to help those who need support with their physical and/or mental wellbeing?



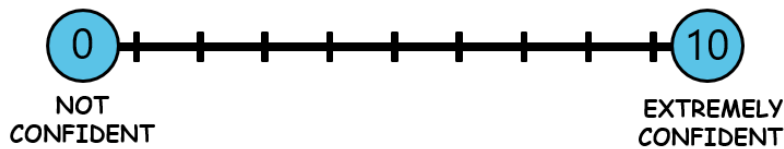
## Lesson 2 - Body Changes

### Learning Outcomes

- Describe the physical and emotional changes that occur during puberty
- Identify ways of managing the changes that occur during puberty
- Explain where to seek advice and support about the changes that occur during puberty

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**Starter; Answer these four baseline questions using a confidence scale:**



A) How confident are you about knowing the physical changes that occur during puberty?

B) How confident are you about knowing the emotional changes that can occur during puberty?

C) How confident are you in knowing how to manage the changes that occur during puberty?

D) How confident are you in knowing where to look for guidance and support about puberty?

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### Body Outline

## Question Time!

1) What are the similarities and differences in physical and emotional changes that occur in males and females?

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2) What are challenges that young people face with changing through puberty?

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3) How can young people support each other during puberty?

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2 Choose a question from the **Advice column**.

My two best friends have both had their periods for the last year and I'm really worried that I haven't started mine yet. Is there something wrong with me?  
- *Late bloomer*

Over the past few months I keep thinking about sex and two nights ago I think I had a wet dream. Sometimes I get an erection and I'm really worried that it might happen in school. Can you help?  
- *Embarrassed in Essex*

Lately I can't stop thinking about the person who sits next to me in maths class. I can hardly talk when I see them. There is a rumour they are going out with some else and the thought makes me feel sick. Can you help?  
- *Lovesick*

I have loads of spots on my face and back and they won't go away. I have tried loads of different make-up but nothing covers it and people in my class keep making jokes. It makes me not want to go out with my friends any more. Can you help?  
- *Spotty*

I love being on the football team, but recently I keep losing my temper and getting upset. I can't talk to the team about how I'm feeling – no one talks about that stuff. I don't know what's going on. Can you help?  
- *Flying off the handle*

Dear \_\_\_\_\_

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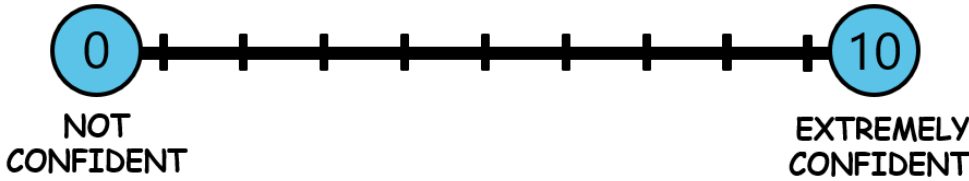
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Top Tip



**Plenary: Answer these four baseline questions using a confidence scale:**



- A) How confident are you about knowing the physical changes that occur during puberty?
- B) How confident are you about knowing the emotional changes that can occur during puberty?
- C) How confident are you in knowing how to manage the changes that occur during puberty?
- D) How confident are you in knowing where to look for guidance and support about puberty?



## Lesson 3 - My Body, My Choice

### Learning Objectives

- We are learning about the meaning and importance of consent in relationships
- We are learning how to seek, give and not give consent in different situations

### Starter

On your own, add as much as you can to each of the boxes.

Synonyms - what other words are related or have a similar meaning?	Examples - when might someone need to ask for consent?
<b>CONSENT</b>	
Context - where have they heard the word used before?	Behaviour - how might someone know that someone is giving their consent? (Think about what the person might say, how they might look or behave)

### Our definition of the word "Consent"

