

Topic: Y9 PSHE – Health and Wellbeing



Specification: Why is it Important to be Cancer Aware? The focus will be on looking at the most common forms of cancer and what the symptoms of these might be and what screenings and treatments are available.



Specification: Why Should I Exercise? The focus will be on looking at why it is important to exercise for people of all ages and body types. Students will also look at different forms of exercise and their benefits.



Specification: How Can I Support my Mental Health? The focus will be on looking at why your mental health is just as important as your physical health. Focusing on what can be done to keep your mind healthy.