



Level 2 Health and Well-being Curriculum Plan Overview Open College Network

6th Form - 6H and 6J			
Term	Topic	Learning	How can parents' best support
Autumn 1	Environmental Awareness	<ul style="list-style-type: none"> ● What is meant by the environment. ● Direct effects that humans have on the environment. ● What is meant by global warming. ● Implications of global warming on the environment. ● Actions of individuals that could benefit the environment. ● Actions of groups that could benefit the environment. 	<p>BBC Bitesize has excellent Geography resources, videos and discussion points. Have a look through some climate and environment related one with your child. Watch the news to get up to date information about the environment and climate and watch this with your child to discuss things.</p>
	Teamwork skills	<ul style="list-style-type: none"> ● What are teams and teamwork. ● Effective teamwork skills and qualities. ● Roles and responsibilities of different team members. ● Identifying and working towards team goals. ● Promotion of effective team work skills. ● Conflict resolution techniques. 	<p>Talk about what teamwork is with your child and how they can see teamwork within the home. Identify positive communication within the home so your child is aware when this is happening. Identify with your child when you see good communication in television programs or when people are demonstrating jobs on programs too.</p>
	Interpersonal Communication Skills	<ul style="list-style-type: none"> ● Performance assessment. ● Importance of effective communication. ● Importance of good interpersonal skills. ● Barriers to communication. 	<p>Similar to Teamwork Skills, a good place to see interpersonal communication happening is through television programs or the discussion of different job roles. If your child enjoys sport you could discuss how communication helps the team to produce results.</p>

		different in different situations.	
Assessment :			
Spring 1	<p>Understanding Feelings and Emotions</p> <p>Positive Mental Health</p> <p>Developing Confidence and Self-esteem</p>	<ul style="list-style-type: none"> ● Perceiving emotions and feelings by others. ● Comparing positive and negative emotional responses. ● Strategies to manage own feelings and emotions. ● What is positive and negative mental health. ● Factors that can cause negative and positive mental health. ● Experiences that have impacted our own mental states. ● Common mental health conditions and symptoms linked to them. ● Impact of poor mental health on individuals. ● Stigma, what it is and how it links to mental health. ● Accessing support for mental health issues and barriers to this. ● What is confidence and what are its benefits. ● Confident behaviour and its influence on others. ● Perceivance of others based on 	<p>As above.</p> <p>There is a series of documentaries on BBC iPlayer that link to mental wellbeing and common mental health issues. These are good to watch to build your own knowledge and understanding of mental health issues before passing this information on to your child. Be open and discuss the importance of being honest when talking about mental health issues and reassure your child it is alright not to feel ok. Look to the NHS website for up to date symptoms of mental health issues and places to seek advice and support. These would be good to discuss with your child.</p> <p>Talk about confident behaviours and the impact of being confident in situations. Discuss your own personal experiences with confidence and how those situations had impacts. Watching television programs shows both confident people and people struggling with their self-esteem, these are good to watch how people employ strategies to help with building their confidence. The</p>

		confident behaviours.	NHS website has some good pointers on strategies of how to build self-esteem, try some of these together with your child as a shared experience.
Assessment :			
Spring 2	<p>Developing Confidence and Self-esteem</p> <p>Understanding Risk</p> <p>Enrichment Activity</p>	<ul style="list-style-type: none"> ● What is self-esteem and what things affect it. ● Strategies to build confidence and self-esteem. ● Situations where we lack confidence. ● Ways to apply confidence building strategies and assessing their potential to help in given situations. ● Situations that pose risks to self and others. ● How pressure could be used to influence others in risky situations. ● Positive and negative aspects of risk. ● Factors to consider when taking a risk. ● The importance of assessing and managing risk. ● Risk assessing. ● Comparing strategies to managing risks. ● Reasons for risk taking. ● Feelings associated with taking risks. ● Explore the aims and objectives of given activity. ● Complete enrichment activity. ● Evaluate activity. 	<p>As above</p> <p>It is important for students to understand that there are negative risks that include danger and harm, but also that there are positive risks that include new learning, experiences and enjoyment. It is good to talk about different situations and denote them as being positively risky or negatively risky. Choose things that are on television or out in the world at the moment and discuss their risk factors.</p> <p>Students will be learning sign language during this unit in school. Talk to your student about what they have learnt and ask them to demonstrate what they have learnt in sign language. Try to greet your child in sign language and enjoy the learning experience of a new language.</p>

