

Wellbeing Curriculum Mapping

This resource captures opportunities to learn key aspects of the physical education and PSHE national curricula, the relationship and sex education (RSE) and health education policy and satisfies significant aspects of Ofsted’s personal development strand of inspection. Highlights are as follows (note this list is not exhaustive):

Aspect of Physical Education national curriculum 2014 :	Main places of coverage in this resource:
Purpose:	
Inspire all pupils to succeed and excel in competitive sport and other physically demanding activities	Key Stage 3 lessons: L1 finding motivation Key Stage 4 lessons: L1 motivation; L12 sleep and nutrition
Opportunities to become physically confident [and] support health and fitness	Not directly covered but part of homework tasks
Build character and help embed values such as fairness and respect	Key Stage 3 lessons: L1 finding motivation; L2 empathy and compassion; L7 listening and living; L8 integrity matters; L9 cool collaborator; L10 showing resilience; L11 motivating others; L12 evaluating effectiveness Key Stage 4 lessons: L1 motivation; L3 values;
Aims:	
1. Develop competence to excel in a broad range of physical activities	Not directly covered but part of homework tasks
2. Are physically active for sustained periods of time	Not directly covered but part of homework tasks
3. Engage in competitive sports and activities	Not directly covered but part of homework tasks
4. Lead healthy, active lives	Key Stage 3 lessons: L3 managing change; L4 skilful speaking; L5 creative thinking; L6 taking responsibility; L12 evaluating effectiveness Key Stage 4 lessons: L1 motivation; L2 happiness & mental health; L4 facing your fears; L5 obsession; L6 adaptability; L7 self-development; L8 mindfulness; L9 no regrets; L10 pressure; L11 perspective; L12 sleep and nutrition



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Aspect of Relationships and Sex Education (RSE) Secondary 2020 curriculum covered:	Main places of coverage in this resource:
1. Families – commitment, happiness, responsibilities & trustworthiness	Key Stage 3 lessons: L4 skilful speaking; L6 taking responsibility Key Stage 4 lessons: L7 self-development; L8 mindfulness
2. Respectful relationships, including friendships – trust, respect, honesty, kindness, generosity, stereotypes and tolerance	Key Stage 3 lessons: L2 empathy and compassion; L4 skilful speaking; L8 integrity matters; L9 cool collaborator; L11 motivating others; Key Stage 4 lessons: L3 values; L11 perspective
3. Online and media – risks, privacy, impact and seeking support	Key Stage 3 lessons: Key Stage 4 lessons: L5 obsession
4. Being safe – the laws and consent	Not directly covered in first 12 lessons of KS3 or KS4
5. Intimate and sexual relationships	Not directly covered in first 12 lessons of KS3 or KS4

Aspect of Physical health and mental wellbeing Secondary 2020 curriculum:	Main places of coverage in this resource:
1. Mental wellbeing – talking about emotions; happiness; connection; recognising mental wellbeing concerns; mental ill health (anxiety & depression); effect of activity on mental health; benefits of physical exercise, time outdoors, community participation and voluntary activities on mental wellbeing and happiness	Key Stage 3 lessons: L2 empathy and compassion; L3 managing change; L5 creative thinking; L7 listening and living; L9 cool collaborator; L10 showing resilience; L11 motivating others; L12 evaluating effectiveness Key Stage 4 lessons: L1 motivation; L2 happiness & mental health; L6 adaptability; L7 self-development; L8 mindfulness; L10 pressure
2. Internet safety and harms – impact of unhealthy or obsessive comparison with others online; body image and social media	Key Stage 3 lessons: Key Stage 4 lessons: L5 obsession
3. Physical health and fitness – positive associations between physical activity and promotion of mental wellbeing, including combatting stress; healthy lifestyle choices and benefits	Key Stage 3 lessons: L3 managing change; L4 skilful speaking; L5 creative thinking; L10 showing resilience Key Stage 4 lessons: L1 motivation; L2 happiness & mental health; L4 facing your fears; L7 self-development; L8 mindfulness; L10 pressure; L11 perspective
4. Healthy eating – how to maintain healthy eating and links between poor diet and health risks	Key Stage 3 lessons: L6 taking responsibility Key Stage 4 lessons: L9 no regrets; L12 sleep and nutrition
5. Drugs, alcohol and tobacco	Not directly covered in first 12 lessons of KS3 or KS4
6. Health and prevention – personal hygiene; dental health & self-examination	Not directly covered in first 12 lessons of KS3 or KS4



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7. Basic first aid – treatment for common injuries; life-saving skills and defibrillators	Key Stage 3 lessons: L9 cool collaborator
8. Changing adolescent body – puberty and menstrual wellbeing	Not directly covered in first 12 lessons of KS3 or KS4

Aspect of Ofsted's Education Inspection Framework 2019 :	Main places of coverage in this resource:
Quality of education – 3I's, curriculum flexibility, narrowing and cultural capital "equipping pupils with the knowledge and cultural capital they need to succeed in life... to be educated citizens, introduced to the best that has been thought and said and helping to engender an appreciation of human creativity and achievement" (p43)	Key Stage 3 lessons: L1 finding motivation; L3 managing change Key Stage 4 lessons: L3 values; L7 self-development; L12 sleep and nutrition
Behaviour and attitudes – motivation and positive attitudes to learning; positive and respectful school culture; "an environment in which pupils feel safe, and in which bullying, discrimination and peer-on-peer abuse – online or offline – are not accepted"	Key Stage 3 lessons: L1 finding motivation; L5 creative thinking; L7 listening and living Key Stage 4 lessons: L1 motivation; L4 facing your fears
Personal development – extend beyond academic, technical or vocational (p58):	
1. Develop responsible, respectful and active citizens	Key Stage 3 lessons: L1 finding motivation; L7 listening and living; L8 integrity matters; L11 motivating others; L12 evaluating effectiveness Key Stage 4 lessons: L7 self-development
2. Develop and deepen understanding of fundamental British values	Key Stage 3 lessons: L2 empathy and compassion; L5 creative thinking Key Stage 4 lessons:
3. Promote equity of opportunity	Not directly relevant but implicit throughout
4. Promote inclusive environment	Not directly relevant but implicit throughout
5. Develop pupils' character (set of positive personal traits, dispositions and virtues that inform their motivation and guide conduct) to flourish in society	Key Stage 3 lessons: L1 finding motivation; L3 managing change; L7 listening and living Key Stage 4 lessons: L1 motivation; L7 self-development; L10 pressure; L11 perspective
6. Develop confidence, resilience and knowledge to keep mentally healthy	Key Stage 3 lessons: L2 empathy and compassion; L5 creative thinking; L6 taking responsibility; L10 showing resilience Key Stage 4 lessons: L2 happiness & mental health; L4 facing your fears; L6 adaptability; L10 pressure
7. Recognise online and offline risks to wellbeing	Key Stage 3 lessons:



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	Key Stage 4 lessons: L5 obsession
8. Recognise dangers of inappropriate use of mobile technology and social media	Key Stage 3 lessons: Key Stage 4 lessons: L5 obsession
9. Develop understanding of how to keep physically healthy, eat healthily and maintain an active lifestyle	Key Stage 3 lessons: L3 managing change; L4 skilful speaking; L5 creative thinking; L6 taking responsibility Key Stage 4 lessons: L1 motivation; L9 no regrets; L12 sleep and nutrition
10. Develop understanding of age-appropriate healthy relationships	Not directly covered in first 12 lessons of KS3 or KS4
11. Careers guidance	Key Stage 3 lessons: L1 finding motivation Key Stage 4 lessons: L3 values
12. Support readiness for next phase of education	Key Stage 3 lessons: L1 finding motivation; L12 evaluating effectiveness Key Stage 4 lessons: L1 motivation; L7 self-development
13. Spiritual, moral, social and cultural development (p59-61)	Key Stage 3 lessons: L2 empathy and compassion; L7 listening and living; L8 integrity matters; L12 evaluating effectiveness Key Stage 4 lessons: L1 motivation; L2 happiness and mental health; L4 facing your fears; L5 obsession; L11 perspective
Leadership and management – high expectations, engage with parents and safeguarding	Not directly relevant but implicit throughout



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