

Year 9 PDC Booklet

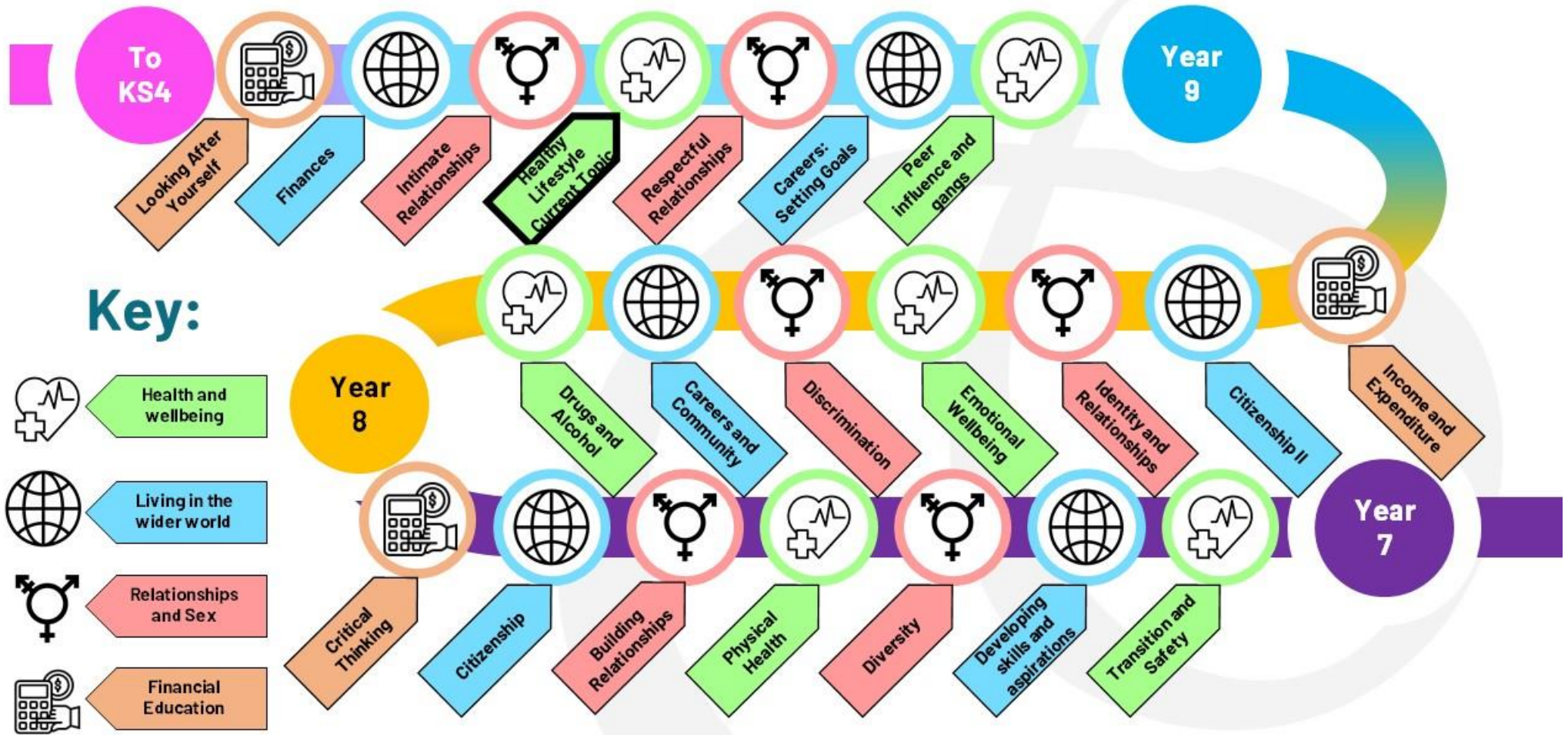
Physical and Mental Health II







Name:

Form:

Personal Development Curriculum KS3 Learning Journey



Year 9 – Block 4: Physical and Mental Health Knowledge Organiser

Key Words		Links Between Mental and Physical Illness			Improving your Work-Life Balance	
Mental Health	Our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices.	Mental Illness	Leads to	Physical Illness	<ol style="list-style-type: none"> 1. Write a list of things you currently do and how long it takes you to do them 2. Prioritise the things you need to spend time on 3. Do you need to add any new habits/ remove some habits to help you achieve this balance? 4. Sleep well, and for the same amount of time every day 5. Review frequently and adjust as necessary 	
		Chronic Stress		Headaches, muscle tension, digestive issues		
Physical Health	Physical health is defined as the condition of your body, taking into consideration everything from the absence of disease to fitness level.	Depression		Pain, diabetes, asthma, CV disease		
Stress	Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous.	Stress, anxiety, depression, insomnia		Cancer Diagnosis		
Wellbeing	Wellbeing is where you judge yourself positively and feeling good	Stress, eating disorders, loneliness, panic attacks		Chronic Physical Health Condition		
Work-Life Balance	Work-life balance refers to the level of prioritisation between personal and professional activities in an individual's life and the level to which activities related to their job are present in the home.	Your mental and physical wellbeing are very closely linked			Body Image	
Body Image	Body image is a combination of the thoughts and feelings that you have about your body. Body image may range between positive and negative experiences, and one person may feel at different times positive or negative or a combination of both.	Looking After Your Mental and Physical Health			<p>There are many influences on body image, with the main one being the media. When thinking about body image, its important to remember:</p> <ul style="list-style-type: none"> • Most of the images you see online have had some filters/edits applied before posting • Comparing yourself to these can lead to unrealistic expectations, and negative impacts on physical and mental health 	
Holistic Health	Holistic health is an approach to life that considers multidimensional aspects of wellness. It encourages individuals to recognize the whole person: physical, mental, emotional, social, intellectual, and spiritual.	<ul style="list-style-type: none"> • Keep a close friend circle who you can trust • Give strategies time before deciding they don't work 	<ul style="list-style-type: none"> • Try sticking to a routine, even if you don't feel like it • Try something new—with friends or alone. 			
Healthy Eating						
		Category	Foods	Impact		
		Foods high in protein	Nuts, seeds, oats and whole grains	Slowly release energy for steady supply		
		Omega 3 and 6	Oily fish, chicken, nuts, avocados, dairy	Keeps your brain working well		
		Amino acids	Lean meat, fish, eggs cheese, legumes	Regulates feelings and glucose levels		
		Fluids	Water, herbal tea, diluted fruit juice	Helps concentration		
		Vitamins and Minerals	A rainbow of fruits and vegetables	For physical and mental health		
Where To Go For Support:						
Teachers and School Staff, Parents, Friends, Parents						
MIND	https://www.mind.org.uk					
Stem4	https://stem4.org.uk/					

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Date:

Title: Learning To Learn - Modelling

Retrieval Practice

1. Metacognition means thinking about how you _____ and learn.
2. A good revision strategy is to (delete word) plan/monitor/evaluate your progress and adapt your methods if needed.
3. Revising in short, focused sessions with _____ in between helps improve memory retention.
4. Using _____ practice, such as self-testing, is more effective than simply re-reading notes.
5. Creating a clear _____ for revision ensures you cover all the necessary topics before the exam.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is modelling?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can you use modelling to help you learn?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

An Example of Modelling

Task: Plan a Revision Timetable for a Week

- I have a lot of things to do and I'm not sure how to do these.
- My teacher told me how to make a revision timetable in school, and so I am going to use their example as a model, to "think aloud" exactly how to make this timetable step by step.
- I will also use the approach of planning, monitoring and evaluating to get there

Stage 1: Planning

- "I have a science test, an English essay, and maths homework to prepare for this week. I'll need to spread these tasks across the week to make sure I don't leave anything to the last minute."
- "Let me start by checking how many free afternoons and evenings I have after school. I see I'm busy on Tuesday with football practice, so I'll avoid putting a big task there."

Day	Task
Monday	Revise science topic A
Tuesday	Write a draft English essay
Wednesday	Maths Homework
Thursday	Revise science topic B
Friday	Relax into the weekend

Stage 2: Monitoring

- "Okay, I've written my plan, but Tuesday still looks packed. I'll move the English essay draft to Wednesday instead to balance things out."
- "I'm also going to add a notes column, so that I know exactly what I am going to be doing, and things to make sure I don't forget"

Day	Task	Notes
Monday	Revise science topic A	Focus on diagrams and definitions
Tuesday	Write a draft English essay	Needs to be done before football
Wednesday	Maths Homework	Longer session available
Thursday	Revise science topic B	Focus on exam practice
Friday	Relax into the weekend	Revisit if any work needs completing

Stage 3: Evaluating

- "This looks manageable. I've given myself time for breaks and kept the evenings lighter before big tasks. If this doesn't work, I can adjust during the week."

Day	Task	Notes
Monday	Revise science topic A	Focus on diagrams and definitions
Tuesday	Write a draft English essay	Needs to be done before football
Wednesday	Maths Homework	Longer session available
Thursday	Revise science topic B	Focus on exam practice
Friday	Relax into the weekend	Revisit if any work needs completing

Date:

Title: Links Between Physical and Mental Health

Retrieval Practice

1. Metacognitive modelling involves talking out loud the _____ process while completing a task.
2. It helps you to understand how to _____ complex or challenging problems.
3. You can demonstrate how to plan, monitor, and _____ thinking during learning.
4. By observing others, you can learn strategies to _____ your own learning.
5. Metacognitive modelling encourages you to reflect on what worked and what you can _____ next time.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What does mental health and physical health mean?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. Give an example of how mental health and physical health are linked	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Case Studies



Case Study	Identify physical and mental health concerns	Explore potential links between physical and mental health	Suggest advice based on the identified links
<p>Sarah, a 15-year-old high school student, has been experiencing persistent fatigue, trouble sleeping, and a significant decline in academic performance. She used to be active in sports but has recently withdrawn from all activities.</p>			
<p>James, a 14-year-old, is known for his dedication to competitive swimming. Lately, he has been facing heightened stress due to upcoming important competitions. His parents notice changes in his eating habits, and he frequently complains of stomach aches</p>			
<p>Emily, a 16-year-old, recently recovered from a severe bout of mononucleosis (glandular fever). While physically recovering, she struggles with feelings of isolation and sadness, often avoiding social interactions</p>			

Date:

Title: Work-Life Balance

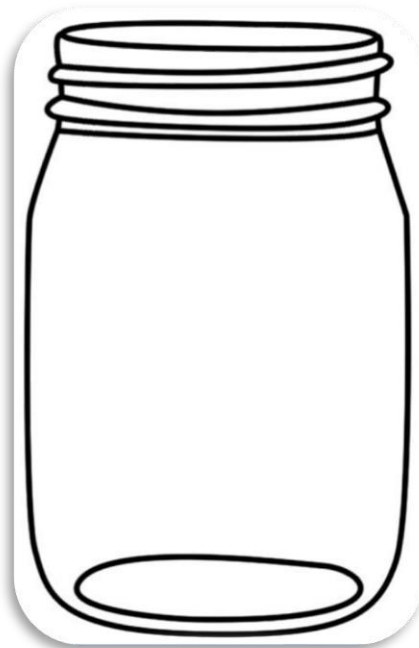
Retrieval Practice

1. _____, health refers to a person’s emotional psychological, and social well-being.
2. Signs and symptoms of mental illness may include changes in _____ or thinking patterns.
3. Our mental and _____, health are connected because what affects one aspect can influence the other.
4. To improve the connection between physical and mental health, practicing _____ techniques like meditation can be beneficial.
5. Withdrawal from activities and a decline in academic performance suggest potential _____ health issues affecting the ability to concentrate.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What does work/life balance mean?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. Give examples of how to achieve a work/life balance	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: The Jar of Life



Task 2: Making a Positive Change

1. List the things you need to spend time on:

e.g.

- Sleeping
- Social media
- School work

2. For each one, do you want to spend more, less or equal amounts of time on them:

e.g.

- Sleeping = right amount
- Social media > need less
- School work < need more

Activity	Hours per day	I want to spend more, less or the same amount of time	From tomorrow I will spend this number of hours per day

3. Now that you have spent time reflecting on your current habits, write goals or promises you wish to keep to improve your own work life balance.

e.g.

Maintain current sleep routine

Weekdays 4pm – 6pm do school work. No social media. Tell friends in advance to not contact. Use DND (Do Not Disturb) profiles. Set alarms. Reward after each session =??

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4. Remember to review and re-plan, frequently

Date:

Title: Healthy Eating

Retrieval Practice

1. Achieving a healthy _____ between work and personal life is important for overall well-being.
2. _____ boundaries, such as setting clear work hours, help maintain a balance between professional and personal time.
3. Taking breaks and engaging in _____ activities contribute to a more balanced and fulfilling life.
4. Prioritising self-care and establishing realistic _____ can prevent burnout and stress.
5. Regularly evaluating and adjusting your schedule shows an ongoing commitment to maintaining a balanced _____.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What are the different food groups?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can we ensure that we have a healthy diet?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: What does food do for you? Complete the table as you watch the video.

Category	Foods	Impact
Foods high in protein	Nuts, seeds, oats and whole grains	
Right types of fatty oils e.g. omega 3 and 6	Oily fish, chicken, olives, nuts, avocados, milk, cheese and eggs	
Amino acids	Lean meat, fish, eggs cheese, legumes e.g. peas, beans and lentils	
Fluids	Water, herbal tea, diluted fruit juice	
Minerals, vitamins and fibre	A rainbow of fruits and vegetables	

What are the benefits of regular meals?

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Date:

Title: Influences on Body Image

Retrieval Practice

1. Consuming a variety of _____ ensures you get a range of essential nutrients for your body.
2. _____ is an essential component of a balanced diet, helping build muscles and supporting various bodily functions.
3. Limiting the intake of processed foods high in _____ and sugars contributes to overall health.
4. Staying mindful of _____ sizes helps prevent overeating and maintains a healthy weight.
5. Drinking an adequate amount of _____ is important for proper hydration and supports overall well-being.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. How can body image be influenced?
2. How can we ensure that we maintain a positive body image?

Task 1: Scenario

Mohammed is trying to take the perfect selfie to post online. He feels really pressured to only post a picture he looks good in.		
What are their actions?	What are their feelings?	What are their actions?
.....
.....
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.....

Jack follows Mohammed. He thinks Mohammed's pictures always look much better than his, and Mohammed's large number of followers makes him feel down about himself.		
What are their thoughts?	What are their feelings?	What are their actions?
.....
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.....
.....

Ava is Mohammed's friend and rates his selfie 3/10 as a joke. Other people start to copy her and add hurtful comments, so he deletes the selfie.		
What are their thoughts?	What are their feelings?	What are their actions?
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