

Year 9 PDC Booklet

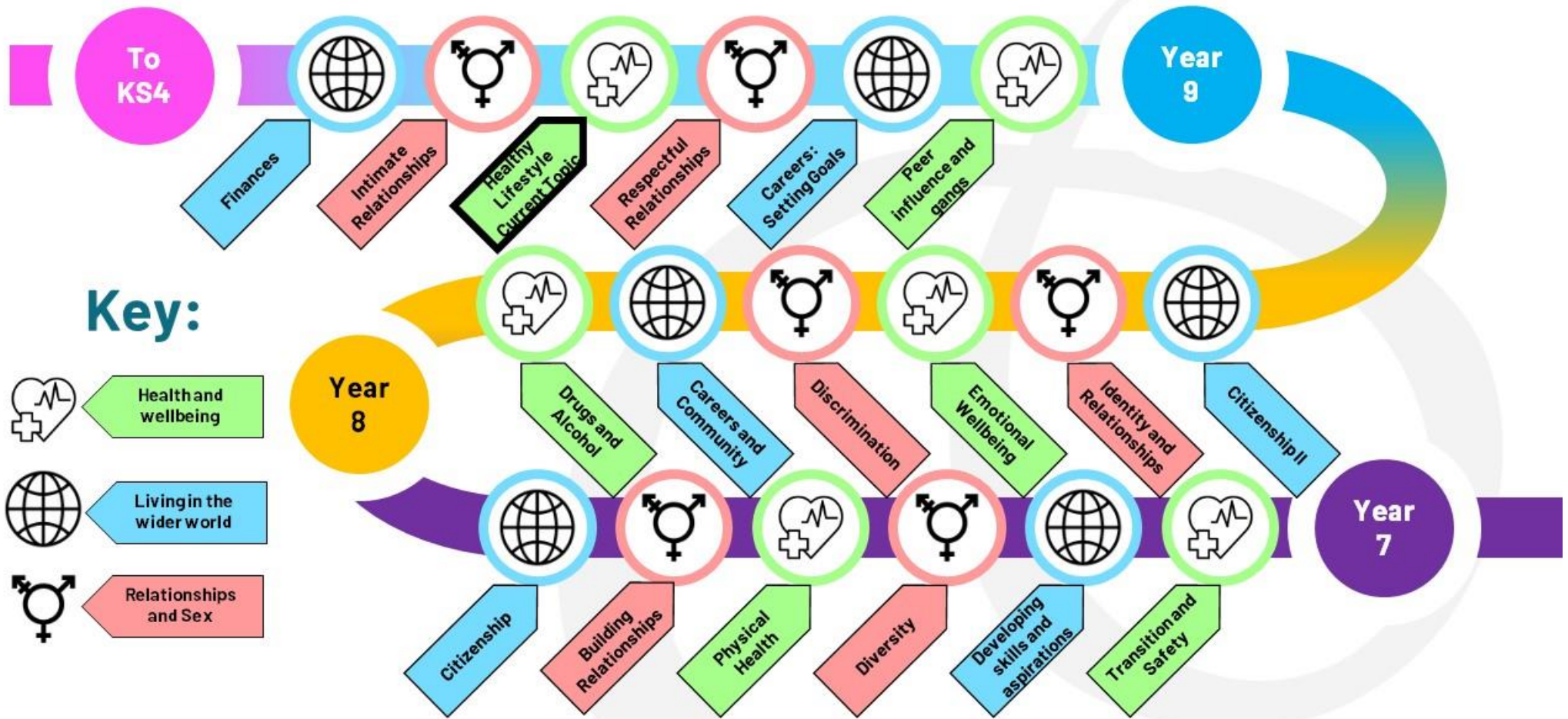
Physical and Mental Health II







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"> <li style="width: 50%;">• Keep a close friend circle who you can trust <li style="width: 50%;">• Try sticking to a routine, even if you don't feel like it <li style="width: 50%;">• Give strategies time before deciding they don't work <li style="width: 50%;">• Try something new—with friends or alone. 				
Where To Go For Support:		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		
MIND	https://www.mind.org.uk					
Stem4	https://stem4.org.uk/					

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Date:

Title: Links Between Physical and Mental Health

Retrieval Practice

1. Families come in various forms, including nuclear families, extended families, and _____ families.
2. A _____ family consists of parents and their children living together in one household.
3. An _____ family includes relatives beyond parents and children, such as grandparents, aunts, uncles, and cousins.
4. Some families are formed through _____, where individuals become family through close bonds and support.
5. Understanding and respecting the diversity of family structures promotes a more _____ and inclusive society.

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

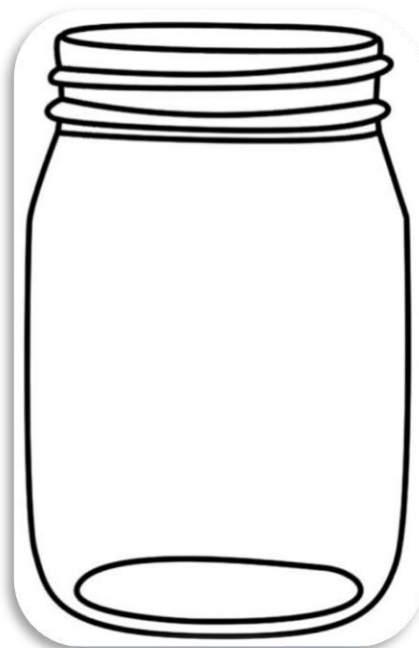
Retrieval Practice

1. Mental health refers to a person's _____, psychological, and social well-being. It involves the ability to handle stress, relate to others, and make decisions.
2. Signs and symptoms of mental illness may include changes in _____, behaviour, or thinking patterns. Examples include prolonged sadness, withdrawal from social activities, difficulty concentrating, and changes in _____ patterns.
3. Our _____ and physical health are connected because what affects one aspect can influence the other. For instance, high levels of stress or anxiety can trigger physical responses like increased heart rate or muscle _____.
4. To foster the _____ connection between physical and mental health, practicing mindfulness 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?
2. Give examples of how to achieve a work/life balance

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

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. How can body image be influenced?	<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 maintain a positive body image?	<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: 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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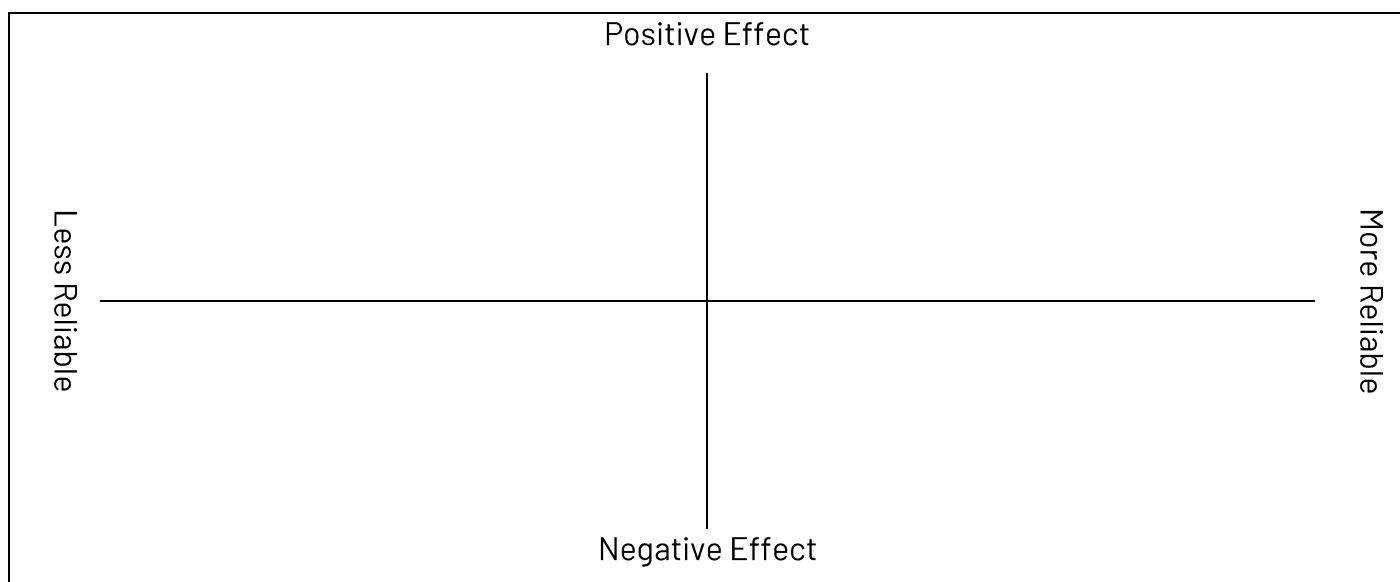
Date:

Title: Taking Responsibility for Your Health

Retrieval Practice

1. _____ media often portrays unrealistic beauty standards that can impact how individuals perceive their bodies.
2. Peer _____ can influence body image, as individuals may compare themselves to their friends or peers.
3. Developing a positive body image involves recognising and challenging societal _____ about beauty.
4. _____ messages promoting self-acceptance and diverse body types contribute to a healthier body image.
5. Focusing on overall _____ and well-being rather than just appearance supports a positive body image.

Baseline and Endpoint Assessment



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|--|---|
| 1. A friend on social media posts | 5. A packet of food reads ... |
| 2. A poster from the government reads | 6. An influencer on a video says |
| 3. A celebrity in a TV advert says | 7. A health charity's website reads ... |
| 4. A friend says ... | 8. An advert for a local gym reads ... |

Task 1: Sources of Influence

<p>Alexi has been watching videos online about the environmental impact of his food choices. He asks to go to the shops with his dad and feels a bit conflicted when his dad picks up a pack of beef mince.</p> <p>He asks his dad if they can get the pack that says it's grass-fed on the front as he's heard it's better. Alexi's dad says that it's too expensive and they need to have enough money to buy things like fruit and vegetables.</p>	<p>Influences</p>
<p>Strategy</p>	
<p>Hadiyah is a keen runner, but she's been feeling a bit sluggish recently and hasn't had the energy to get out for a run. Her parents noticed she hadn't been going out as much and asked her if she was feeling okay.</p> <p>Hadiyah shrugged and said she was just feeling a bit tired at the moment. She doesn't really know why. But her parents suggest that maybe Hadiyah should look at dropping an extra-curricular activity for a while, just until she's finished her exams.</p>	<p>Influences</p>
<p>Strategy</p>	
<p>Dana has just started university. She's learned to cook some simple meals and set herself a food budget. She's also made a shopping list and asked her flatmates if they want to go to the shops with her to buy it all.</p> <p>One of her flatmates thinks they should stock up on ready meals and frozen pizzas instead. Dana knows it'll be easier to cook those but she's worried about what's in the food and the effect it might have on her overall health.</p>	<p>Influences</p>
<p>Strategy</p>	

Task 2: The Food Shop

Food	No. Of Portions	Cost	Buy?
Microwave Rice	2	75p	
Bag of Pasta	3	£1	
Loaf of Bread	4	£1	
Packet of Potatoes	4	£1	
Portion of Veg (e.g. carrots for one meal, a single pepper, small box of mushrooms)	2	50p	
Portion of frozen veg (e.g. peas, chopped mixed veg, broccoli, cauliflower)	4	£1	
Portion of tinned veg (e.g. baked beans, sweetcorn)	1	50p	
Meat (or meat alternative)	2	£4	
Portion of fish	2	£3	
Suggest Your Own			
Total Cost:			

	Meal Plan	
	Lunch	Dinner
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
<p>Local Takeaway Options: Large Pizza - Any 3 toppings £15 Small Pizza - 1 topping £10 Fish and Chips - Meal costs £9.50 Curry/Chinese/Thai - Meal costs £20 Fast food chain (Burgers/Chicken) - Meal costs £7</p>		