

# Year 11 PDC Booklet

## Physical and Mental Health



**Name:** .....

**Form:** .....

## Protected Characteristics

The protected characteristics are defined in the Equality Act 2010



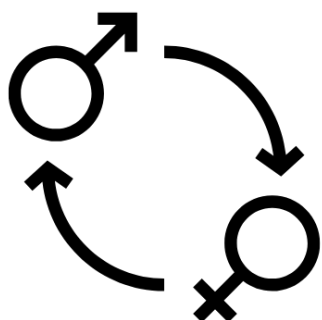
Marriage or Civil  
Partnership



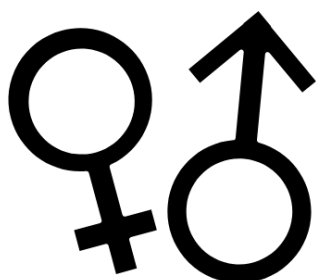
Disability



Race



Gender  
Reassignment



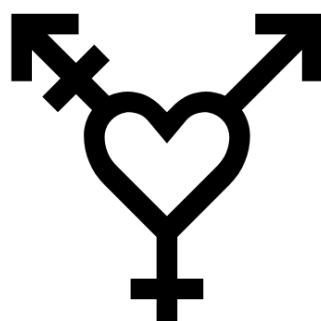
Sex



Pregnancy or  
Maternity



Age



Sexual Orientation



Religion

**It is illegal to discriminate against anyone based on these**

# Fundamental British Values

The Fundamental British Values are key principles for everyone in Modern Britain to demonstrate



## **Democracy**

A culture built upon freedom and equality, where everyone is aware of their rights and responsibilities



## **Rule of Law**

The need for rules to make a happy, safe and secure environment to live and work



## **Individual Liberty**

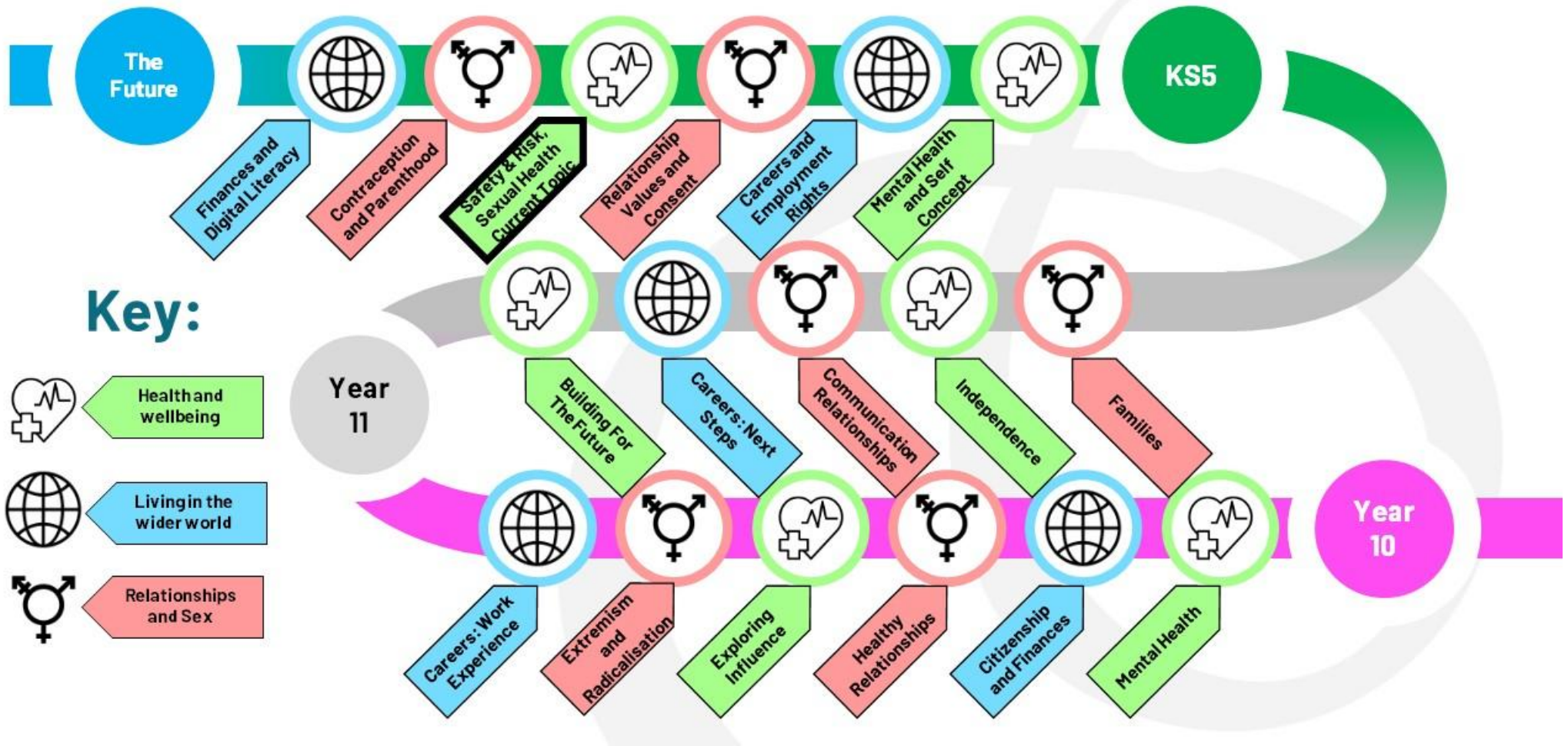
Protection of your rights and the right of others you work with, as well as freedom to express yourself and who you are



## **Mutual Respect and Tolerance**

Understanding that we don't all share the same beliefs and values. Respecting, the values, ideas and beliefs of others whilst not imposing our own on others


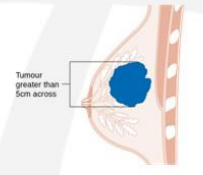
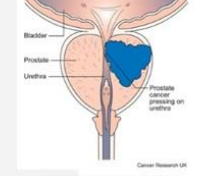
# Personal Development Curriculum KS4 Learning Journey





## Year 11 – Block 4: Physical and Mental Health Knowledge Organiser



Key Words		Cancer		Types of Government	
Government	The group of people with the authority to govern a country or state. A particular ministry in office	Type of Cancer	Symptoms and Signs	Democracy	Where the government is elected by the people.
Democracy	A system of government by the whole population or all the eligible members of a state, typically through elected representatives.	 <p>Testicular Cancer</p>	<ul style="list-style-type: none"> <li>• A lump in the testicle</li> <li>• Testicular pain</li> <li>• Testicular swelling</li> <li>• Lower back pain</li> <li>• Pre-pubescent changes</li> </ul>	Oligarchy	Rule by a small group of people who share similar interests or family relations.
Federalism	Having or relating to a system of government in which several states form a unity but remain independent in internal affairs.	 <p>Breast Cancer</p>	<ul style="list-style-type: none"> <li>• A new lump or thickened breast tissue</li> <li>• Change in size/shape</li> <li>• Discharge from nipples</li> <li>• Pain is NOT a symptom</li> </ul>	Capitalist	People can own their own businesses and property but usually pay taxes from some of the money they make. Most capitalist governments provide their own education, health and welfare services.
Authoritarian	Favouring or enforcing strict obedience to authority at the expense of personal freedom.	 <p>Prostate Cancer</p>	<ul style="list-style-type: none"> <li>• In early stages there isn't symptoms. Late stage:</li> <li>• Bone pain</li> <li>• Very tired</li> <li>• Weight loss</li> </ul>	Monarchy	Rule by an individual (King or Queen) who has inherited the role and expects to pass it onto their heir.
Constitutional Monarchy	System of government in which a monarch (see monarchy) shares power with a constitutionally organized government.	<b>Where To Go For Support:</b>		Regional or Local	A government or council that controls a smaller area within a country. Most local governments are controlled by the central government.
Community	A group of people living in the same place or having a particular characteristic in common.	Teachers and School Staff, Parents, Friends, Parents		Communist	The government owns businesses and farms. It provides healthcare, education and welfare.
Citizen	A legally recognized subject or national of a state or commonwealth, either native or naturalized.	NHS Cancer	<a href="https://www.nhs.uk/conditions/cancer/">https://www.nhs.uk/conditions/cancer/</a>	Totalitarian	A country with one political party. In England there are three main parties: Labour, Conservative and Liberal Democrats
The Law	A system of rules that regulates society and everyday life	Government	<a href="https://www.gov.uk/government/how-government-works">https://www.gov.uk/government/how-government-works</a>	Dictatorship	A country ruled by a single leader who has full power over the country. This leader is not elected
Common Law	The part of English law that is derived from custom and judicial precedent rather than statutes.			Anarchy	A situation where there is no government
Civil Law	A comprehensive system of rules and principles usually arranged in codes and easily accessible to citizens and jurists				
Magistrate	A civil officer who administers the law, especially one who conducts a court that deals with minor offences and holds preliminary hearings for more serious ones				
Cancer	Uncontrollable growth of abnormal cells				
Benign Tumour	A tumour that has not spread across the body yet				
Malignant Tumour	A tumour that has spread to other areas of the body				

## Contents

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**Date:** .....

**Title: Reading With A Critical Lens**

**Retrieval Practice**

1. Metacognition involves \_\_\_\_\_, monitoring and evaluating your learning
2. Metacognitive modelling encourages you to think about how you \_\_\_\_\_ and how to improve it.
3. When a teacher models metacognition, they make their \_\_\_\_\_ process visible to the students.
4. By using metacognitive strategies, students can learn to deepen their \_\_\_\_\_ of a topic.
5. A key part of metacognitive modelling is helping you learn how to \_\_\_\_\_ your progress after doing something and adjust their approach.

**Baseline and Endpoint Assessment:**

	<b>Baseline Assessment</b>	<b>Endpoint Assessment</b>
1. How can you make the most out of reading?	<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 reading 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>

### Task 1: Bias Hunt

Use the prompt questions to help you identify the biases in the text below:

#### **Ban Phones in Education For Good**

It's time to face the facts – mobile phones are ruining education. Students no longer pay attention in class because they're too busy checking notifications and scrolling through social media. Phones encourage laziness, bullying and even cheating. No one needs a mobile phone during a lesson, yet schools continue to turn a blind eye.

Teachers are exhausted from telling students to put them away, and learning is suffering. If schools truly cared about education, they would bring in a total ban – no phones from 8:30 to 3:00. Those who disagree are either addicted to their devices or unwilling to admit the damage they cause. Let's stop pretending that phones are helpful. They're not. They're a distraction, and they're holding students back.

1. Read the text carefully and highlight words or phrases that try to make the reader feel angry, worried or guilty. Then write why it's an example of emotive language below:  
.....  
.....
2. Read the text carefully and highlight words or phrases that are sweeping statements. These assume something is true for everyone with no exceptions. Then write why it's an example of a sweeping statement below:  
.....  
.....
3. Is the writing making an assumption or leaving out a viewpoint? What is missing or assumed?  
.....  
.....  
.....  
.....
4. What do you think the writer is trying to get you to believe or feel. What is their goal?  
.....  
.....  
.....  
.....

## Task 2: Writing with Balance

Now it's your turn. Take the second paragraph from the text. Rewrite this in a more balanced tone. Your goal is to present a viewpoint clearly and fairly, considering other sides and avoiding emotive language.

### Sentence starters:

- Some people argue that ...
- While there are concerns about ..., others point out that ...
- It is true that ..., but it is also worth considering ...
- One possible solution might be ...
- A balanced approach could involve ...

### **Ban Phones in Education For Good**

It's time to face the facts – mobile phones are ruining education. Students no longer pay attention in class because they're too busy checking notifications and scrolling through social media. Phones encourage laziness, bullying and even cheating. No one needs a mobile phone during a lesson, yet schools continue to turn a blind eye.

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**Date:** .....

**Title: Screening and Self-Examination**

**Retrieval Practice**

1. Metacognitive literacy involves being \_\_\_\_\_ of your thinking while reading.
2. One key strategy in metacognitive reading is to constantly recap and \_\_\_\_\_ what you've read to ensure understanding.
3. While reading, you should ask yourself questions like, "Do I \_\_\_\_\_ this?" to check your comprehension.
4. It's important to adjust your reading strategy if you find a passage \_\_\_\_\_ or difficult to understand.
5. When you reflect on what you've read, you are using \_\_\_\_\_ thinking to process the material.

**Baseline and Endpoint Assessment**

	<b>Baseline Assessment</b>	<b>Endpoint Assessment</b>
1. What is cancer?	..... ..... ..... ..... ..... .....	..... ..... ..... ..... ..... .....
2. Which cancers affect the most people and what can we do about it?	..... ..... ..... ..... ..... .....	..... ..... ..... ..... ..... .....

## Task 1: Testicular Cancer

Testicular cancer is cancer in the testicles and predominantly affects men between the ages of 15 and 35 years old. If caught early it is highly treatable.

Why do you think many men do not self-exam for testicular cancer?

.....  
.....

Outline the 3 main steps to checking for testicular cancer:

1. ....  
.....  
.....
2. ....  
.....  
.....
3. ....  
.....  
.....

How often should men complete a self-examination of their testicles?

.....  
.....

Why is it important for men to start checking in their teens?

.....  
.....  
.....

## Task 2: Breast Cancer

General statistics for the UK Breast cancer is the most common form of cancer with a lifetime risk for women of 1 in 7 Breast cancer is more common in women over the age of 50, with 8 out of 10 newly diagnosed cases falling into this age category.

Every year around 370 men are diagnosed with breast cancer in the UK compared with over 55,500 women. It is rare, but 1 in 1000 men will develop breast cancer in their lifetime.

### Visual Examination

Arms should be by your side in a neutral position and in front of a mirror. You should look for

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....

What other positions should you stand in?

.....

Why should you exam your breasts lying down?

.....

.....

Describe the motion you should use to examine your breasts?

.....

.....

.....

When should examine your breasts?

.....

.....

.....

### Task 3: Prostate Cancer

- Prostate cancer is the most common cancer in men.
- More than 52,000 men are diagnosed with prostate cancer every year on average – that's 143 men every day.
- Every 45 minutes one man dies from prostate cancer – that's more than 12,000 men every year.
- 1 in 8 men will be diagnosed with prostate cancer in their lifetime.
- Around 475,000 men are living with and after prostate cancer.

1. What is the prostate?

.....  
.....

2. When are men most likely to develop prostate cancer?

.....  
.....

3. List three factors that can increase the risk of developing prostate cancer

.....  
.....

4. Make a list of the 6 key symptoms linked to prostate cancer

.....  
.....  
.....  
.....  
.....  
.....

**Date:** .....

**Title: Cosmetic and Aesthetic Body Alterations**

**Retrieval Practice**

1. Regular \_\_\_\_\_ and self-examination are crucial for early detection of testicular cancer in males.
2. Men should regularly check for changes in the size or shape of the \_\_\_\_\_
3. Breast cancer self-examinations for females include checking for lumps or changes in \_\_\_\_\_ tissue.
4. Mammograms and clinical breast exams are part of regular \_\_\_\_\_ for early detection of breast cancer in women.
5. Being aware of family \_\_\_\_\_ and discussing them with doctors can lead to a quicker diagnosis.

	<b>Baseline Assessment</b>	<b>Endpoint Assessment</b>
1. What are the most common cosmetic surgical procedures?	<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. What are the problems with cosmetic surgery?	<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: Definitions

Key Term	Match Up	Definition	Use in a sentence
1. Cosmetic surgery		a. A cosmetic procedure that promises to give fuller, plumper lips	
2. Botox		b. Usually silicone gel or saline fluid material in a flexible sac, implanted behind or in place of a female breast in reconstructive or cosmetic surgery	
3. Lip augmentation		c. A drug prepared from botulin, used cosmetically to remove wrinkles by temporarily paralysing facial muscles	
4. Collagen		d. A technique in cosmetic surgery which removes fat from under the skin by suction	
5. Breast implants		e. A condition that occurs when fat enters the bloodstream and obstructs blood vessels	
6. Liposuction		f. Enhancing the appearance through medical or surgical techniques	
7. Fat embolism		g. An anaesthetic that affects the whole body causing a loss of consciousness, given before surgery.	
8. General anaesthetic		h. The main structural protein found in skin and other connective tissues, widely used in purified form for cosmetic surgical treatments	

## Task 2: Popular Cosmetic Surgeries

Complete the task on page 33

1. Label on your template the most popular cosmetic procedures and what can go wrong.
2. Label why these are so popular and why some people are prepared to take the risk

EXT: Explain your opinion of cosmetic surgery overall in your books.

