

Enrichment Day 3

Health and Fitness

Year 7	Year 8	Year 9	Year 10	Year 11
Bleeding Life Support (CPR)	Allergies Asthma Life Support (CPR)	Life Support (CPR) Head injury Choking	Bleeding & Chock Chest Pain Life Support (CPR)	Life Support (CPR) Choking Bone, Muscle & Joint Injuries
Signs of Wellbeing Let's Talk Mental Health	Body image Resilience	Social Media	Anxiety Resilience	Managing Stress and sleep
Dental Health	All About the Sugar Eat well be well	My Fitness	Plan a Meal	My Fitness and drugs
Personal Hygiene Menstrual Health		Vaping and balloons		