

**Curriculum Plan: Healthy Lifestyles**

**Department/subject:** PSHE Spring Term Year 7

**Our Vision:** We take opportunities and aspire to excellence

**Our Intent:** To educate our students as to what constitutes a healthy lifestyle.

Ensure that students are equipped with the knowledge and information to make choices to maintain a healthy lifestyle

Year 7	Spring																			
Knowledge to be taught	Key Subject Knowledge and Content:	Skills:																		
	<p><b>1.</b> Healthy eating</p> <p><b>2.</b> The purpose and importance of exercise</p> <p><b>3.</b> Maintaining healthy mental health</p> <p><b>4.</b> The dangers of smoking</p> <p><b>5.</b> Consequences of an unhealthy lifestyle</p>	<p>All lessons contain an element of comprehension; students choose a level of questions to answer after watching a video clip which informs students about the topic being covered. There are reading elements in each lesson and students analyse and evaluate what they have read.</p>																		
How knowledge is assessed	<p><b>Key words:</b></p> <table border="0"> <tr> <td>Diet</td> <td>Depression</td> </tr> <tr> <td>Nutrition</td> <td>Anxiety</td> </tr> <tr> <td>Hygiene</td> <td>Social anxiety</td> </tr> <tr> <td>Calorie</td> <td>Stress</td> </tr> <tr> <td>Carbohydrate</td> <td>Addiction</td> </tr> <tr> <td>Protein</td> <td>Carcinogen</td> </tr> <tr> <td>Fibre</td> <td>Passive</td> </tr> <tr> <td>Pulse</td> <td>Short/long term</td> </tr> <tr> <td>Heart rate</td> <td></td> </tr> </table> <p><b>Key Concepts:</b></p> <p>Personal responsibility</p> <p>Planning</p> <p>Commitment</p>		Diet	Depression	Nutrition	Anxiety	Hygiene	Social anxiety	Calorie	Stress	Carbohydrate	Addiction	Protein	Carcinogen	Fibre	Passive	Pulse	Short/long term	Heart rate	
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<p><b>Links to Prior Knowledge and Addressing Gaps</b></p>	<p>Due to the impact of Covid students have missed vital time at school that challenges habits that may have developed during the lockdowns. Student's education as to what constitutes a healthy lifestyle will have been influenced by the habits of the people that they live with and whilst research shows that people were cooking more fresh produce during lockdown it also shows that people were living a more sedentary lifestyle which, for some, included more alcohol and less exercise. Research suggests that the lockdowns had a negative impact upon mental health. This unit has been designed to challenge bad habits that may have developed but also to educate students, further, about the impact they can have on their physical and mental health.</p> <p>Whilst primary schools develop a PSHE curriculum specific to their needs the DfE has detailed statutory guidance as to what students should know by the end of primary education. This unit has been structured using that guidance as a starting point but using the presumption that children will have met the end points in their primary education.</p>
<p><b>Cultural capital lessons</b></p>	<p>Links can be made to:            Harry Potter: Friendship and diversity of families            The librarian can be consulted to find out about new stock in the library that may support this unit.</p>