

Y7 learning intentions: half term 2

Our half term 2 unit: ***Healthy lifestyles***

Our half term 2 theme: **Life after school** - Healthy lifestyles - road safety, healthy eating, firework safety. A series of lessons on staying safe and making informed decisions on how to keep fit and healthy

What should students know / understand by the end of each lesson?

	Lesson
Week 1	<ul style="list-style-type: none">• Firework safety – To understand the law and safety surrounding firework use around bonfire night.
Week 2	<ul style="list-style-type: none">• Healthy lifestyle – To explore the importance of a balanced lifestyle, including food, sleep and exercise.
Week 3	<ul style="list-style-type: none">• Healthy eating and healthy choices – To understand how to make conscious choices when it comes to eating healthy food.
Week 4	<ul style="list-style-type: none">• Healthy responsible choices - Responsibly healthy – To understand how to access health services and maintain responsible, personal hygiene.
Week 5	<ul style="list-style-type: none">• Road safety - To understand about the personal responsibilities young people have when travelling on the roads and how to manage the risks involved
Week 6	<ul style="list-style-type: none">• End of unit assessment
Week 7	<ul style="list-style-type: none">• Green pen lesson – moving our learning forward

What is needed to master the knowledge?

- Firework safety – I can explain the law regarding firework use. Assess risks related to fireworks and bonfires. Evaluate strategies for managing personal safety in relation to fireworks and bonfires
- Healthy lifestyle - I know what a balanced lifestyle is and why it is important. I can make informed decisions when it comes to food and physical activity. I understand the links between sleep, food and physical activity and how it can affect overall daily feelings and performances.
- Healthy eating and healthy choices – I am able to make conscious choices about healthy food and drinks. I know the traffic light system used on foods and can inform my decisions based on these.

- Healthy responsible choices - Responsibly healthy - I know how to access health services, I understand how to maintain personal hygiene including oral health and preventing infections. I am able to take responsibility for my own physical health - sun safety and dental.
- Road safety – I understand about the personal responsibilities young people have when travelling on the roads. I can manage the risks involved with car and road safety.
- End of unit assessment
- Green pen lesson – moving our learning forward