

AUTUMN TERM YEAR 7 – HEALTHY LIFESTYLES

Healthy Living

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To understand the term 'healthy living' and identify some ways to live a healthy lifestyle</p> <p>To understand how to make healthy food choices & have a balanced diet and understand what might influence their choices about food.</p> <p>To identify the risks of having an unhealthy diet.</p> <p>To understand the importance of physical activity and how to incorporate physical activity into daily life.</p> <p>To understand how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to begin to understand the concept of a 'balanced lifestyle'</p> <p>To understand what to do if someone is worried about unhealthy lifestyle choices.</p>	<ul style="list-style-type: none">• Healthy• Lifestyle• Diet• Exercise• Choices• Unhealthy• Balanced• Obesity• Diabetes• Heart disease• Junk food• Tooth decay• Active• Mood• Support

SPRING TERM YEAR 7 – SELF-CARE, SUPPORT & SAFETY

Environmental Safety

<u>Learning Objectives</u>	<u>Key Words</u>
<p>Describe some simple ways we can help keep ourselves physically safe in school.</p> <p>To understand ways to stay safe around roads.</p> <p>To understand ways to stay safe around water.</p> <p>To understand ways to stay safe around railway lines.</p> <p>To understand fire safety.</p> <p>To recognise when a situation is an emergency and explain or demonstrate how to get help, including how to call 999.</p>	<ul style="list-style-type: none">• Safe• Hurt• Dangerous• Sign• Hazard• Stop• Look• Listen• Think• Hidden• Shock• Electricity• Alarm• Emergency• Escape• Help

SUMMER TERM YEAR 7 – THE WORLD I LIVE IN

Personal Development

<u>Learning Objectives</u>	<u>Key Words</u>
<p>To develop team-working skills and understand the importance of working well in a team.</p> <p>To develop confidence and build self-esteem.</p> <p>To understand the difference between helpful feedback and unhelpful criticism.</p> <p>To know what being part of a community means and to identify different community groups.</p> <p>To build on key skills (e.g., resilience, organisational, social, time management).</p> <p>To identify what makes me unique and to celebrate things that make us different.</p>	<ul style="list-style-type: none">• Team• Skill• Attribute• Goal• Compromise• Conflict• Confidence• Self-esteem• Strengths• Achievement• Develop• Criticism• Feedback• Constructive• Community• Belong• Group• Cultural• Religious• Social• Resilience• Unique• Diversity• Tolerance• Respect