

## **AUTUMN TERM YEAR 11 – HEALTHY LIFESTYLES**

### **Healthy Living**

#### **Blood, Organ & Stem Cell Donation**

<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To identify ways to maintain physical health such as balanced diet, exercise, good sleep etc.</p> <p>To identify ways to maintain good mental health and well-being. To understand how to practice good self-care, both mentally and physically.</p> <p>To understand why people donate blood or stem cells and what happens during blood/stem cell donation.</p> <p>To understand how to opt in &amp; out of donation and why people might choose to opt in/out.</p>	<ul style="list-style-type: none"><li>• Physical</li><li>• Mental</li><li>• Health</li><li>• Sleep</li><li>• Hygiene</li><li>• Wellbeing</li><li>• Active</li><li>• Self-care</li><li>• Donate</li><li>• Blood</li><li>• Organ</li><li>• Stem cell</li><li>• Transfusion</li><li>• Benefits</li><li>• Choice</li></ul>

## **SPRING TERM YEAR 11 – THE WORLD I LIVE IN**

### **Preparing for Adulthood**

<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To identify different ways items can be paid for.</p> <p>To understand how to plan a simple budget.</p> <p>To identify how to keep money safe and secure and not fall victim to fraud.</p> <p>To explore spending choices.</p> <p>Demonstrate skills for independent living (e.g. safe travel, shopping and meal preparation).</p>	<ul style="list-style-type: none"><li>• Money</li><li>• Fraud</li><li>• Balance</li><li>• Credit</li><li>• Budget</li><li>• Spending</li><li>• Saving</li><li>• Debt</li><li>• Overdrawn</li><li>• Scam</li><li>• Phishing</li><li>• Identify</li><li>• Advert</li><li>• Skill</li><li>• Independence</li></ul>

**SUMMER TERM YEAR 11 – SELF-CARE, SUPPORT & SAFETY**

**Substance abuse**

<b><u>Learning Objectives</u></b>	<b><u>Key Words</u></b>
<p>To know the difference between illegal and legal substances.</p> <p>To identify the potential risks of drug taking.</p> <p>To understand the term ‘addiction’ and to identify sources of help in relation to drugs.</p> <p>To know about the law relating to the supply, use and misuse of legal and illegal substances.</p> <p>To develop strategies to manage different influences (including peer influence) on decisions about the use of substances.</p> <p>To learn how to identify, manage and avoid the potential risks associated with involvement in serious and organised crime.</p>	<ul style="list-style-type: none"><li>• <b>Drug</b></li><li>• <b>Legal</b></li><li>• <b>Illegal</b></li><li>• <b>Prescription</b></li><li>• <b>Risk</b></li><li>• <b>Health</b></li><li>• <b>Social</b></li><li>• <b>Consequence</b></li><li>• <b>Substance</b></li><li>• <b>Addiction</b></li><li>• <b>Barrier</b></li><li>• <b>Possession</b></li><li>• <b>Pressure</b></li><li>• <b>Serious</b></li><li>• <b>Organised</b></li><li>• <b>Gang</b></li><li>• <b>Crime</b></li></ul>