

What we already know:

- The Eatwell plate

**Health and Wellbeing.
Y7- PHSE: Diet and exercise**

What's next?

- Eating disorders

PHSE Golden Concepts

Respect

Safety

Communication

Health

Relationships

Key Vocabulary

Diet	Eating a good balance of all foods
Hydration	Replacing water in our bodies
Benefits	What we can profit or gain
Importance	How it values in relation to others
Affects	Makes a difference to something
Recommended	What professionals think would be for the best

**What I will know by the end of the unit:
What makes a balanced diet and healthy lifestyle**

Healthy Eating and Nutrition

Balanced Diet: Components of a balanced diet (fruits, vegetables, proteins, grains, dairy), and the importance of each.

Hydration: Importance of drinking enough water and tips for staying hydrated.

Healthy Snacks: Examples of healthy snacks and the benefits of choosing them over sugary or junk foods.

Physical Activity and Exercise

Benefits of Exercise: Physical, mental, and social benefits of regular exercise.

Types of Exercise: Different types of physical activities (aerobic, strength training, flexibility exercises) and examples suitable for Year 7 students.

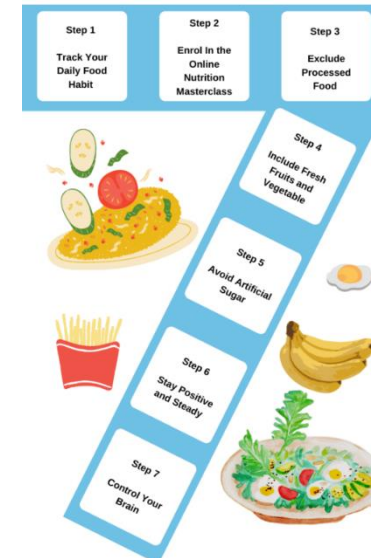
Daily Activity Goals: Recommended amount of daily physical activity and simple ways to incorporate it into the day.

Sleep and Rest

Importance of Sleep: How sleep affects health, mood, and academic performance.

Sleep Hygiene: Tips for good sleep hygiene, such as establishing a bedtime routine, avoiding screens before bed, and creating a comfortable sleep environment.

Recommended Sleep Duration: Amount of sleep needed for Year 7 students (generally 9-11 hours per night).



What we already know: <ul style="list-style-type: none"> How to keep ourselves clean and healthy 	Health and Wellbeing. Y7- PHSE: Personal health and hygiene	What's next? <ul style="list-style-type: none"> Mental health
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PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit:

How long term goals can support with our healthy life such as vaccinations and check ups

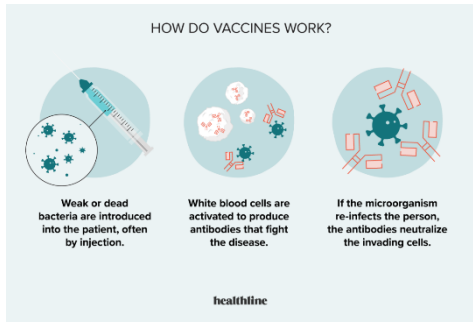
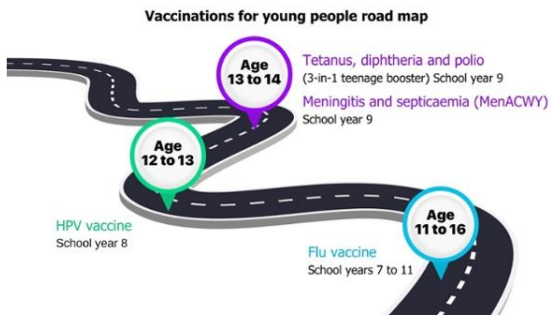
Key Vocabulary	
Personal	What is mine
Mental	Emotional and social state
Prevention	Stopping things from happening
Immunizations	Protection against diseases- a vaccination
Vaccinations	Protection against diseases
Check ups	Talking to someone regularly about any issues

Introduction to Personal Health and Hygiene
 Definition and Importance: Explanation of personal health and hygiene and why they are important for overall well-being.
 Key Concepts: Overview of the main aspects of personal health (physical, mental, social) and hygiene (cleanliness practices).

Body Care and Cleanliness
 Skin Care: Basic skincare routine, importance of keeping skin clean, and dealing with common skin issues (e.g., acne).
 Hair Care: Importance of regular washing, brushing, and dealing with common issues like dandruff.
 Nail Care: Keeping nails clean and trimmed to prevent infections.

Preventive Health Measures
 Vaccinations: Importance of vaccinations and keeping up with recommended immunization schedules.
 Regular Health Check-ups: Importance of regular visits to the doctor and dentist for check-ups.
 Recognizing Illness: Common signs of illness and when to seek medical advice.

Reflection and Goal Setting
 Personal Health Goals: Encouraging students to set personal health and hygiene goals.
 Self-assessment: Tools or checklists for students to assess their own health and hygiene practices.



What we already know:

- How we are supported in Primary school.

Health and Wellbeing. Y7- PHSE: Transition to Secondary

What's next?

- GCSE phase

PHSE Golden Concepts				
Respect	Safety	Communication	Health	Relationships

What I will know by the end of the unit:
How a secondary curriculum is different to Primary.

Key Vocabulary	
Transition	Changing from Primary to Secondary phase
Structure	The way it is built. The way the curriculum grows and progresses
Differences	Things that are not the same or have changed
Core	Mandatory subjects you have to take
Foundation	Subjects you can choose for your GCSE
Punctuality	Being on time for lessons

What is Secondary School?
Differences between primary and secondary school.
Structure of the school day (timetables, periods, breaks).
Introduction to key staff members (form tutor, head of year, subject teachers).

Subjects and Curriculum
Overview of the subjects studied in Year 7.
Explanation of core subjects (English, Maths, Science) and additional subjects (History, Geography, Languages, etc.).
Importance of homework and independent study.

Structure of the day
How to read and follow a school timetable.
Importance of punctuality and attending all lessons.

