

Key Vocabulary

healthy	A good physical and mental condition.
respect	To admire someone for something they have achieved.
body image	How a person sees themselves.
body type	How someone's body is shaped.
celebrity culture	A high volume exposure to how celebrities live.
media	The main means of mass communication.
calm	Not showing strong emotions such as nervousness or anger.
emergency	A serious or unexpected situation.
anti social behaviour	Actions that harm or lack consideration of others.
misuse	To use something in the wrong way.
informed decision	A decision based on facts.
tobacco	A preparation of a nicotine plant.
effects	A change that can occur as a result of something else.

HEALTHY LIFESTYLE

Effects of smoking.

We will begin this topic by thinking about how our body can be effected by smoking and how we can make informed decisions now we know the facts.

Alcohol and anti-social behaviour.

In this lesson we will look at how alcohol can affect our behaviour in a negative way and how we can make sensible decisions as we get older.

First Aid

In this lesson we will think about emergency situations that we might come across and learn how to stay calm and perform the recovery position if it is needed.

Positive Body Image

We will begin discussing what we see in the media and how celebrities can alter their appearance before posting on social media. We will think about what the most important qualities are – and it's not our physical ones!

Food relationships

Here we will look at different relationships with food and how it can have an impact on how we see our bodies. We will create a body positive recipe guide.

Keeping Healthy

In this lesson we will review our learning and discuss all the ways we can keep a healthy lifestyle. We will debate whether it is one thing or many that will keep us the most healthy.

