

	Whole school	Year 12	Term: Autumn / Spring	
Learning Intention: PSD challenge book. Healthy Living. Challenges 1 - 14 (Various) During this challenge Pupils will work on understanding: All aspects of healthy Living and follow the different challenges to enable them to do this.				
Key knowledge that should be learned during this SoW	All	Most	Some	
Concept:	All pupils to understand and recognise the steps needed to lead a healthy lifestyle. To develop understanding of healthy food, exercise, mental health and general wellbeing.			
Knowledge:	To understand the term Healthy, involving food, exercise and mental health etc. To identify what can be done to contribute to a healthy lifestyle. To identify an activity which will make an improvement to lifestyle. To identify harmful effects of smoking, drinking too much alcohol, taking drugs (not prescribed by doctor), solvent abuse. To identify sports and leisure facilities in the local area. To understand the importance of good personal hygiene including oral	To discuss why a healthy lifestyle is important.	To understand the consequences of an unhealthy lifestyle.	

	<p>hygiene.</p> <p>To identify areas in the home that need regular cleaning.</p> <p>To identify how to be a good friend.</p>		
Key Skills:	<p>To demonstrate how to contribute to a healthy lifestyle.</p> <p>Participate in an activity to contribute to a healthy lifestyle.</p> <p>To demonstrate how to prepare food.</p> <p>To demonstrate how to clean a room.</p>		
Language and/or communication skills:	Health, Lifestyle, hygiene, support, harm, leisure, activity		
Curricular Links	Science, maths,		