



**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.

**Knowledge:**

- 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 local area.
- To understand the importance of good personal hygiene including oral

	<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>		
<p><b>Key Skills:</b></p>	<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>		
<p><b>Language and/or communication skills:</b></p>	<p>Health, Lifestyle, hygiene, support, harm, leisure, activity</p>		
<p><b>Curricular Links</b></p>	<p>Science, maths,</p>		