

Year 7 Learning Map

Healthy Eating and a Balanced Lifestyle					
<p>Prior Learning This topic builds on the knowledge that you have from primary school, about healthy eating and the importance of regular and thorough personal hygiene.</p>		<p>Current Learning In this topic you will gain new knowledge about what is meant by being healthy: physically, mentally and emotionally. You will develop an understanding of what constitutes a healthy lifestyle and why balance is important for ensuring this.</p> <p>You will develop knowledge and understanding of how to identify healthy habits and how to apply them to your own life.</p> <p>This topic is important to develop a foundation of how to ensure you have a happy and healthy lifestyle from now into adulthood.</p>		<p>Subsequent Learning This topic will prepare you for further learning in PSHCE, right through to the end of year 11. It will introduce you to key concepts such as health and wellbeing and the various things that can impact this.</p> <p>You will develop various coping mechanisms to help you manage aspects of your life both in Ridgewood and beyond, to maintain a happy healthy lifestyle.</p> <p>You will go on to reflect on and understand how our actions have consequences, and how to manage these positively and effectively.</p>	
Lesson Sequencing		Tier 3 Vocabulary	Wider Reading Opportunities	Ways in which parents/carers can support	
Lesson 1	What is a healthy lifestyle?	Balanced diet	You can use independent study opportunities to engage with the following websites. Look at the information provided and how they positively impact a person's health and wellbeing Healthy diet recommendations - British Nutrition Foundation Live Well - NHS	Explore what constitutes a healthy meal, using the 'Eat Well Plate' that can be found in the student planner, to make a meal together. Take part in exercise together as a family – this could be a walk. Record how you feel before and after the exercise.	
Lesson 2	Healthy eating – good nutrition.	Food groups			
Lesson 3	Physical activity and the impact on mood.	Plaque Psychological			
Lesson 4	Personal hygiene- germs and viruses.	Mental Tobacco			
Lesson 5	Dental hygiene.	Melatonin			
Lesson 6	The importance of sleep.	Immune system			
Lesson 7	Assessment – student planner page.	Virus Wellbeing			