

CITIZENSHIP: Year 7 Spring Term: Health & Wellbeing

What are we learning about?

This term we will be looking at healthy lifestyles and what it takes to be healthy with focus on our diets and exercise. We will also explore the consequences and dangers of tobacco and alcohol.



Why are we learning about it?

So that we can make informed choices around our diets and how we should maintain a healthy lifestyle. And to be made aware of the dangers of alcohol and tobacco.



What new KNOWLEDGE will I gain?

The benefits of living healthy and the positive effects it can have on your mental wellbeing, sleep, hygiene.
How to create your own personal health plan.
The dangers and consequences of tobacco and alcohol.



How does this build on the SKILLS I already have?

You will be better equipped at making positive and healthier choices when it comes to your lifestyle choices.



What new SKILLS will I develop?

Confidence
Resilience
Health Management
Anger Management



How does this build on the KNOWLEDGE I already have?

You will be able to make your own informed choices around diet and exercise to become fitter and healthier.