

What are we learning about?

This topic we are learning about how to stay healthy. Health, both physical and mental, is obviously very important to us, and into this topic we learn about how to look after yourself and why it is important to treat your body well.



Why are we learning about it?

Your personal physical and mental health is probably one of the most important things to learn about ever. Nothing else that you enjoy or need can be done if you aren't healthy and well. It is vital that we understand how and why to look after ourselves.



What new **KNOWLEDGE** will I gain?

Healthy diets and how to live and exercise, how much food different people need and why, looking after your mental health, the effects on your body of smoking and drugs, and how all of these things need to be controlled and balanced.



Healthy Living: Learning Journey

How does this build on the **SKILLS** I already have?

You hopefully already look after yourself – exercise, five-a-day, staying safe online – so this topic will allow you to do it more scientifically and with better results. Look after yourself – it is very important!



What new **SKILLS** will I develop?

We all know what a healthy diet and a healthy body look like, but aren't always told how to achieve or manage it. In this topic you will learn how to apply knowledge of health to look after yourself, both physically and mentally.



How does this build on the **KNOWLEDGE** I already have?

Your whole life you have been told to be healthy, and we see it on adverts, TV shows, YouTube channels and on Netflix. We will be building on ideas you already know and looking at the science behind them.