



Link to school Value
Love, Hope and Peace

Golden Promise link/ Key concept Link

Key Vocab & Definition

Balanced – not going too far in the direction of any extreme so that stability is achieved, keeping to proper portions

Lifestyle – the general way of life of a person or group, including typical jobs and activities.

Drugs – a substance used to cure or heal; medicine. A substance that causes a chemical change in the body and may cause addiction.

Addiction – to condition of being addicted especially to something that is not good for your health

Stimulant – something that temporarily arouses or speeds up a physical or mental activity or process

Depressant – causing a slowing of bodily functions as by the nature of a drug

Analgesic – a drug, lotion, or the like that relieves pain

Hallucinogen – a natural or synthetic substance that induces false or distorted sensory perceptions

Possible Key Text:

Possible Images:



Key Questions:

- **What is meant by a 'balanced lifestyle'?**
- **Why is exercise important?**
- **What factors influence you when you are choosing a meal?**
- **What is 'peer pressure'?**
- **Are all drugs harmful?**
- **How does the media influence body image?**

Time:

6 hours



Core Knowledge:

H2 – to learn how to make informed choices (including recognising that choices can have positive, neutral and negative consequences) and to being to understand the concept of a 'balanced lifestyle'

H3 – to learn to recognise opportunities and develop the skills to make their own choices about food, understanding what might influence their choices and the benefits of eating a balanced diet

H17 – to learn which, why and how, commonly available substances and drugs (including alcohol, tobacco and 'energy drinks') can damage their immediate and future health and safety; that some are restricted and some are illegal to own, use and give to others

Lesson 1:

Can I name the main food groups?

Can I describe their role in helping the body function?

Lesson 2:

Links to Science (Human Body – Systems)

Do I understand the importance of exercise on the human body?

Lesson 3:

Links to Science (Human Body – Systems)

Can I make informed choices about the food I eat?
Can I describe what is meant by a healthy balanced diet?

Lesson 4:

Links to Science (Human Body – Systems)

Can I name some commonly available drugs which can damage my health and safety?

Do I understand that some are restricted or illegal to own or use?

Lesson 5:

Can I investigate the link between media and body image?

Lesson 6:

Can I reflect upon how I feel about my own body image and why?

Link to curriculum intent statement:

Strand 1 c i, ii

Strand 2 a i, ii b i, ii, iii, iv

Strand 3 a i, ii, iii

Strand 4 a i, ii, iii