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| **Year 7 Unit 2** | **Road Map** |
| In this unit you will investigate how to stay healthy**LG1**: Knowledge**LG2**: Application**LG3**: Skills | Assessment Grades |  |  |
| Pre topic assessment |  |
| Post topic assessment |  |
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| **Themes** | **Learning Goals/Outcomes/Content** | R | A | G |
| What do we mean by a ’healthy lifestyle’?Healthy Living Introduction | LG1: Identify the meaning of the term ‘healthy lifestyle’ and the main factors that contribute towards living a healthy life.LG2: Describe how we can live our lives healthily by ensuring we consider all of these factors regularly. Begin to plan for a healthier lifestyle.LG3: Explain why we need to live healthily, how important each of the healthy living factors are and how we will achieve healthy outcomes. |  |  |  |
| How can I commit to a healthy life? Living a healthy, active life and exercising | LG1: Identify correctly different exercises that can help us maintain a healthy weight, improve our fitness and help our hearts stay healthy.LG2: Describe how we can keep healthy through different types of regular exercise, giving examples of these.LG3: Explain how exercise helps us maintain healthy bodies using scientific terms. |  |  |  |
| What are the risks of smoking and is vaping a good alternative? | LG1: Identify and categorise the different health problems caused by smoking tobacco and cannabis and describe problems caused by nicotine.LG2: Describe the different health problems caused by smoking tobacco and cannabis and the link between addiction, nicotine and dopamine.LG3: Explain why the NHS have endorsed vaping as a stop smoking aid and whether or not this makes vaping a safe long term activity using new terminology. |  |  |  |
| Why is smoking so bad for us and why must we try to avoid second hand smoke? | LG1: Describe some negative health effects of both smoking and second-hand smoke.LG2: Explain how smoking and second-hand smoke can damage the body in a variety of ways.LG3: Analyse why people continue to smoke despite having knowledge of the risks. |  |  |  |