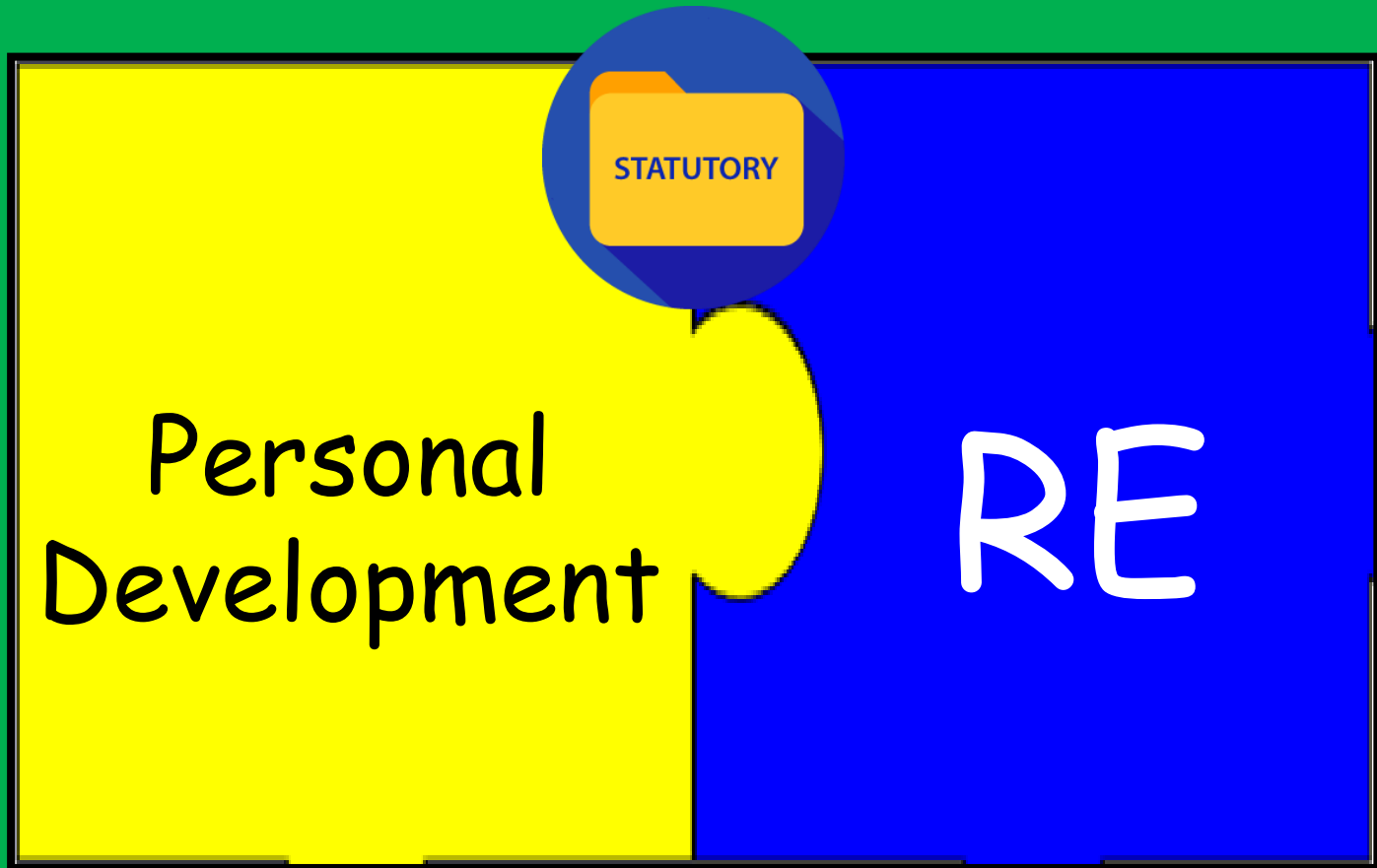


Learning for Life...



Our aim for you:

To leave us knowing how to be Happy, Healthy and
Safe!

Year 7



Care

Personal
health &
well-being



Motivation

Careers



Commitment

Martin
Luther King

Muslims **YOU!!**



Care = 'The provision of what is necessary for the health, welfare, maintenance and protection of something'

Healthy lifestyle

Dental hygiene

Physical & mental health

Personal health & well-being

'Take care of your body, it's the only place you have to live'

Jim Rohn

Spectrum

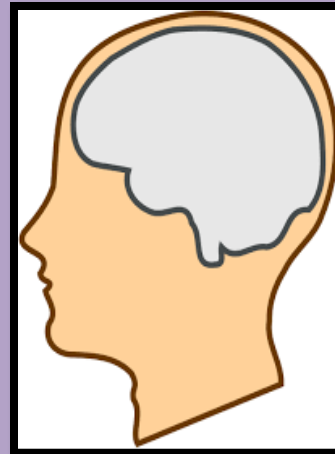
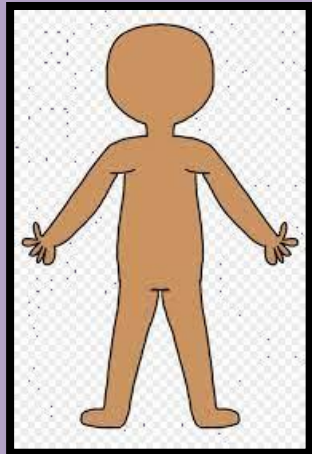
Seva

Sikhism

Care = "The provision of what is necessary for the health, welfare, maintenance and protection of something"

WHAT IS THE POINT OF TODAY'S LESSON?

To explore what we mean by
physical and **mental** health





TODAY'S PLAN



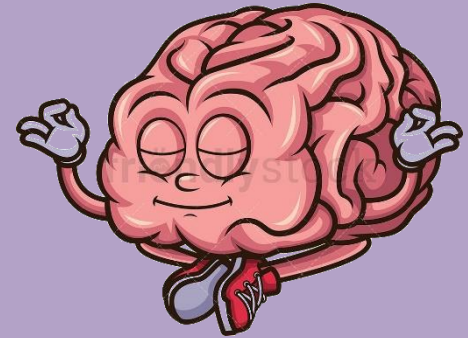
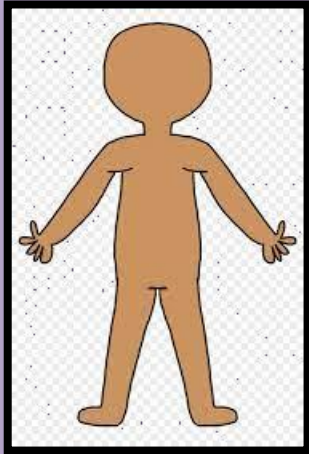
- Retrieval - information so far
- Card sort - physical or mental
- Clips on mental & physical health
- Booklet work
- Practical strategies for good mental health



Walkabout Bingo

<p>Q - How many steps are recommended to take in a day?</p> <p>A 10,000</p>	<p>Q - How much does it cost for 10 year old to visit the dentist?</p> <p>A £0</p>	<p>Q - At what age should your first visit to the dentist be at?</p> <p>A Before teeth</p>
<p>Q - How many times a day should a person brush their teeth?</p> <p>A 2</p>	<p>Q - How many calories are recommended for an adult female?</p> <p>A 2,000</p>	<p>Q - Besides brushing what else can you do to keep your gums healthy?</p> <p>A floss</p>
<p>Q - In the UK how many men out of 10 are overweight?</p> <p>A 6</p>	<p>Q - How many teaspoons of sugar are suggested for a 7-10 yr old each day?</p> <p>A 6</p>	<p>Q - Which food group do meat, fish and dairy fall into?</p> <p>A protein</p>
<p>Q - How many times more likely is a person likely to get mouth cancer if they smoke?</p> <p>A 30</p>	<p>Q - In the 'Healthy Eating Pyramid' what types of food are in the bottom part?</p> <p>A Carbs</p>	<p>Q - How many teaspoons of sugar are there in a litre of Lucozade?</p> <p>A 29.5</p>
<p>Q - What is the job of protein?</p> <p>A Build muscle</p>	<p>Q - Who told his fans they should 'drink water'?</p> <p>A Ronaldo</p>	<p>Q - How much does obesity cost the NHS each year?</p> <p>A 6.4 billion</p>

Physical or Mental Health?



Emotions

2,000

Sweating



Anxiety

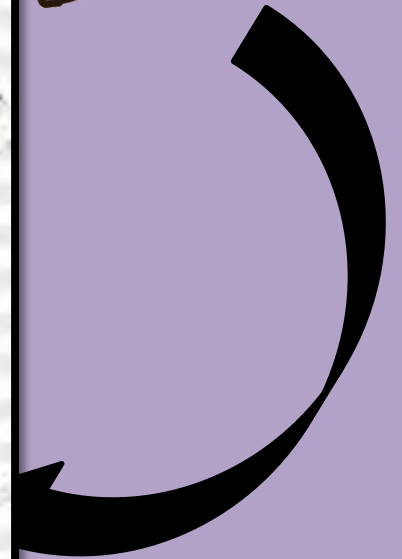
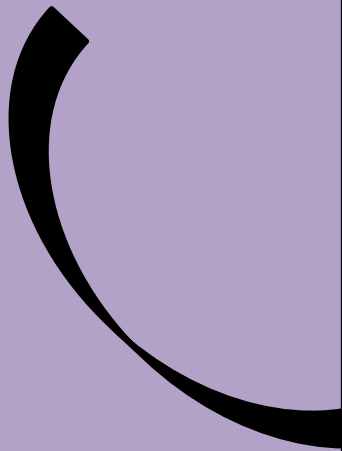
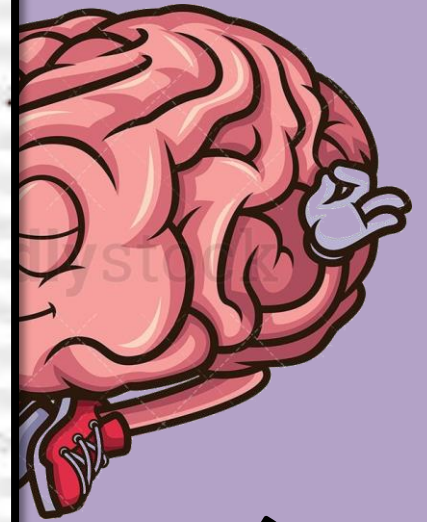
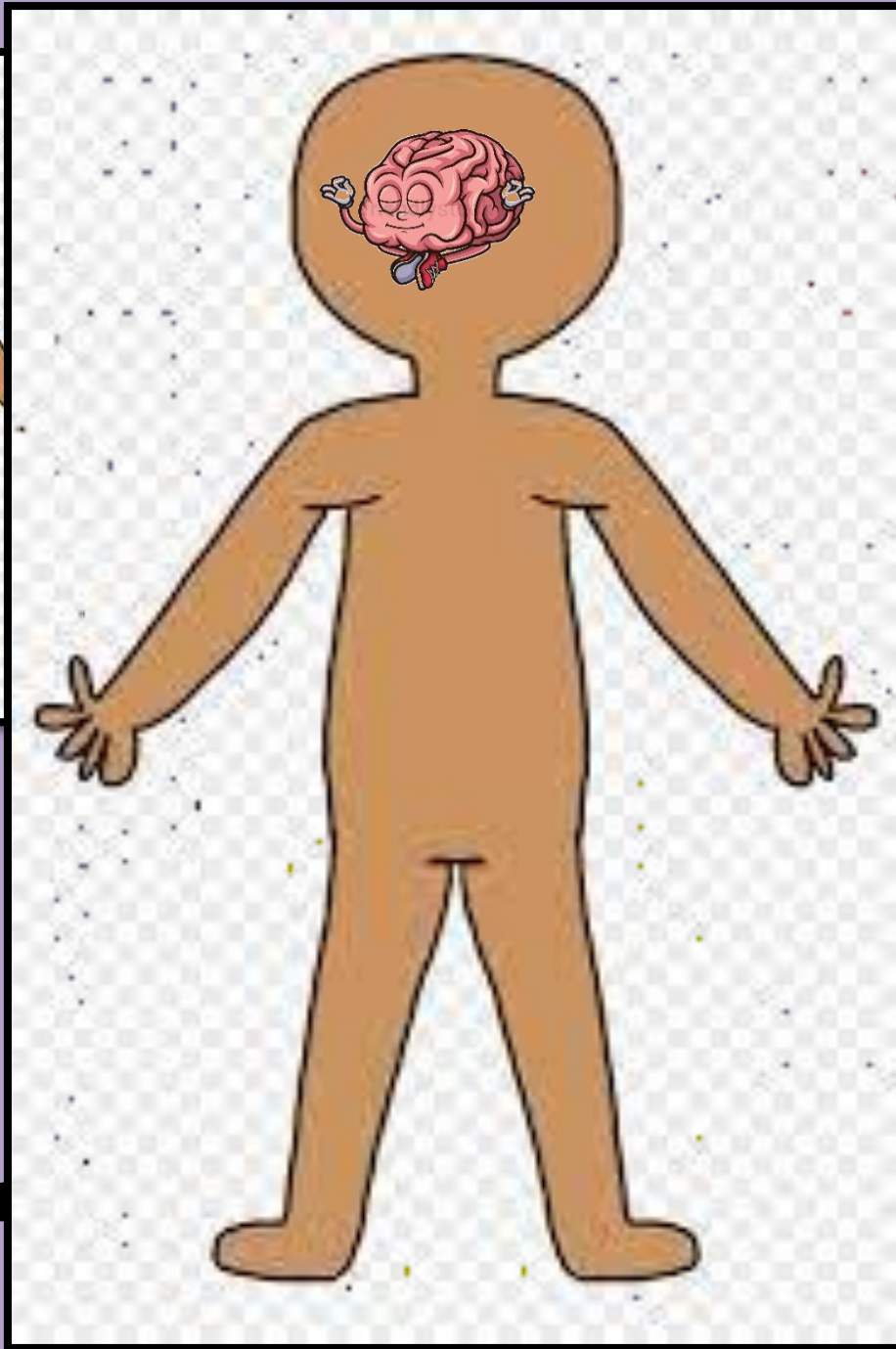
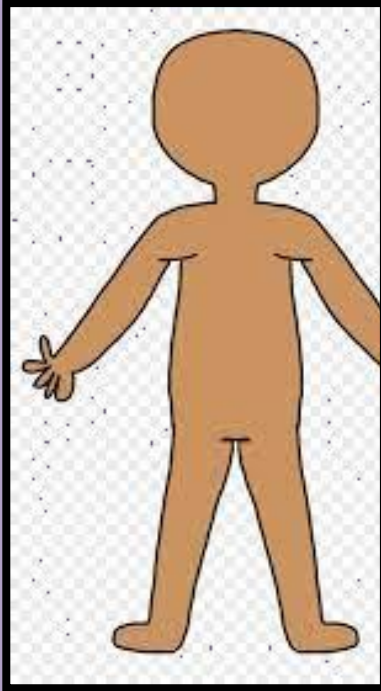
10,000



Cardio

Eating
disorder

Positivity



'Five Ways to Wellbeing'





5. How be kind?

4. What new skill?

3. Notice what?

2. What physical activity?

1. Spend time with who?

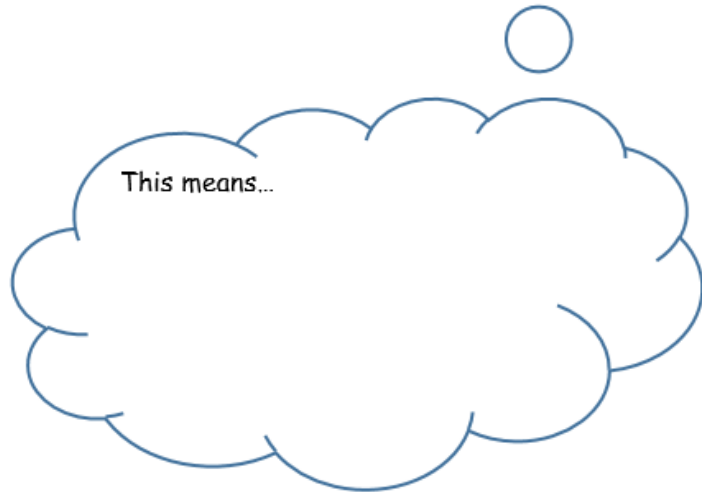


NOW, ITS YOUR TURN

Year 7 - Term 1

'Take care of your body, it's the only place you
have to live'

Motivation, Commitment and Care



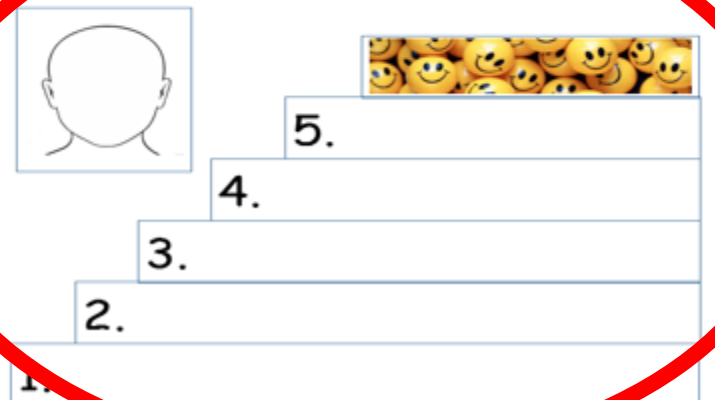
Name _____ P&A _____

Mental & Physical Wellbeing

Colour code the beginning of each sentence with the correct ending:

Good mental health does involve feeling...	...emotions and moods
During exercise you breathe faster so your blood can...	...35%
By exercising you lower your risk of heart disease by...	...think more clearly
Mental health is a person's feelings, thoughts...	...negative emotions
Regular physical activity means you learn faster and...	...pick up more oxygen

5 Steps to Wellbeing

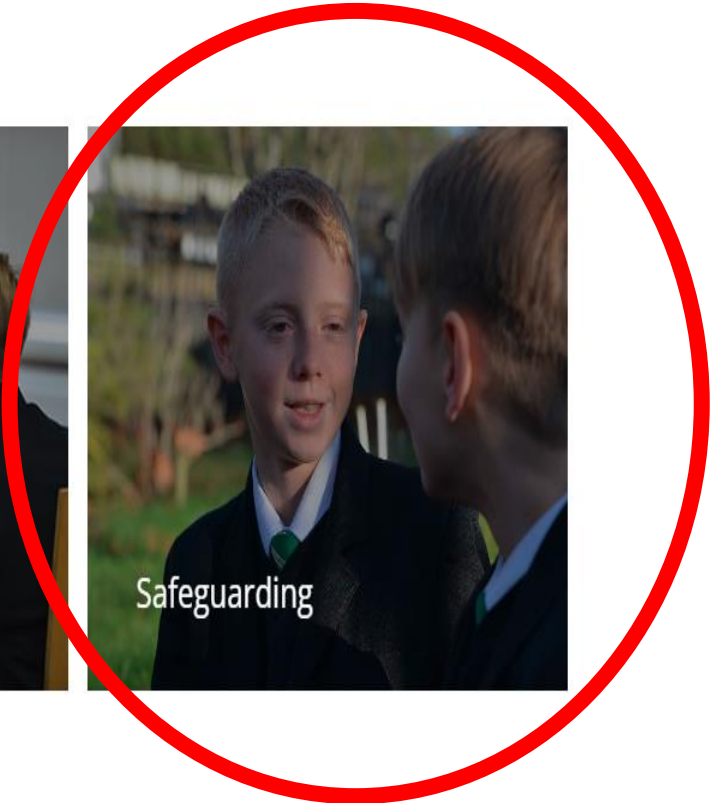




For Students

satchel:
one
Home Learning

Knowledge Organisers



Safeguarding



Don't forget about these...

Tuesday

Morning Clubs

Breakfast Club KS3 canteen All Years
Students can attend college early and have a free breakfast supervised by staff.

Library Learning Centre LLC All Years
The LLC is open for students to read, use the computers and play quiet games under the guidance of Miss Smith.

Boxing (7am-8am) Sports & Fitness
By Appointment only – invited students working on fitness, discipline and boxing skills with Mr Max.

Badminton & Table Tennis Sports Hall All Years
Come along and join in some games of badminton or table tennis with Mrs Drysdale. (Will hopefully start after October Half Term).

After College Clubs

Library Learning Centre LLC All Years
The LLC is open for students to read, use the computers and play quiet games under the guidance of Miss Smith.

Minecraft Club (week A only) IT7 Year 7
Play online against your friends with Mr Benson

ST Home Learning Club ST Block All invited students
Get some help with your Home Learning with our dedicated support team

Netball Club Sports Hall All years
Practice and fixtures with Mrs Cooper

Gaming Club E11 All years
Come and play some vintage video games with Mr Palmer

Pop Band C5 Year 7&8
Practice and perform with Mrs Chamberlain

Mindfulness Club (30 mins) NU1 Year 7
Look for some calm with Mrs Tallon

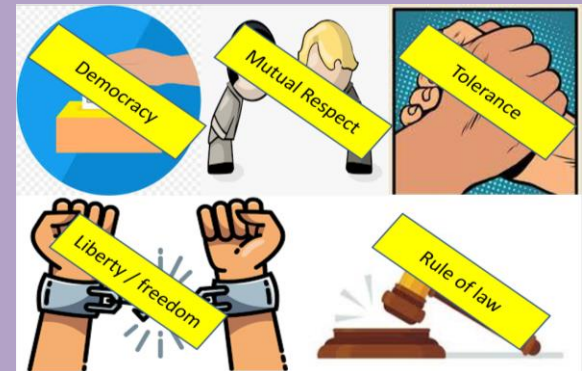
Yoga Club C8 All years
Yoga to relax your body help find your inner calm with Mrs Butcher

Musical Rehearsals Main hall/C6 All years
Mrs Handley & Mrs Baxter working with the cast of this year's production (not available to book)

Sparx Support club (Week B only) Maths All Years

Let's pin it down - what have we learnt this lesson.

- 1) What was the aim / objective of the lesson?
- 2) Can you summarise information from the lesson?
- 3) Why do you think this information is important?
- 4) What College ethos / value is this linked to?
- 5) Can you make links to British Values?
- 6) Can you link this to skills or the world of work?
- 7) If you could sum up the lesson in one sentence what would it be?



Date - _____

Key Words - Personal Health - Care

Colour code the correct definition to the correct key word

hygiene	Sikh holy book
care	A free kitchen found in the Sikh place of worship
health	A medical condition that occurs when a person carries excess weight
physical	The person who started off the religion of Sikhism
obesity	Maintaining health and preventing disease through cleanliness
calories	Relating to the body <u>not mind</u>
dairy	Sikh place of worship
protein	The amount of energy or sugar in a food is measured by these
Guru Nanak	This is needed to build, <u>maintain</u> and repair the tissue in our body
Gurdwara	The provision of what is necessary for the health, welfare, <u>maintenance</u> and protection of something
langar	Any food made from milk products
Guru Granth Sahib	A person's mental or physical condition

