

Year 7 - PSHE - Health and Wellbeing

Key Terms

Caffeine	A legal drug that can make you feel more alert
Alcohol	A liquid produced by fermenting sugars, found in beer, wine and spirits
Tobacco	A plant that can be smoked in cigarettes, pipes, or cigars
Nicotine	An addictive, poisonous chemical found in tobacco
Protein	A nutrient needed by the body for growth and maintenance

PSHE covers a variety of topics that focus developing understanding in four key areas, personal, social, health and economic.

Energy Drinks and Sugar Consumption

The recommended maximum caffeine intake for young people is 100mg per day.

Popular energy drinks can include up to 160mg of caffeine and as much as 69g of sugar

Key Skills

- Active listening and communication
- Teamwork
- Negotiation and self advocacy
- Leadership
- Presentation and debate

Healthy Lifestyles

The Eatwell Guide is used to help us all eat a balanced diet.

Eating five fruits and vegetables a day is beneficial for your health They are a great source of vitamins, minerals and fibre.

The NHS suggests that young people aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week.

Alcohol, Smoking and E-Cigarettes

Excessive alcohol use can lead to long-term health impacts including weight gain, headaches, sleep disturbance and for some depression.
Around 106,000 people in the UK are killed by smoking every year, accounting for one fifth of all UK deaths. Most e-cigarettes contain nicotine, and no amount of nicotine is safe. Nicotine is very addictive and can harm children and teens' developing brains.

Threshold Concepts:

TC6	Know that alcohol, nicotine and other legal and illegal substances have short-term and long-term health risks associated with their use
TC7	That there are personal and social risks and consequences of substance use and misuse including occasional use
TC8	Know how to identify risk and manage personal safety in increasingly independent situations, including online
TC9	That there are benefits of physical activity, diet and exercise for physical and mental health and wellbeing
TC10	That bullying in all its forms has an impact