



CLIC PSE Lesson Plan - KS4

Health and Emotional Well-being - Healthy Lifestyle

Outline & Requirements

Broad topic/title for lesson:

What is a healthy lifestyle?

Key stage or student group:

KS4

Time needed

1 hour

Quick description

Students to research about ways to stay fit and healthy.

Developing thinking	✓	Developing number	
Developing communication	✓	Working with others	✓
Developing ICT	✓	Improving own learning	✓

Materials, resources and preparation needed:

IT facilities

Flip charts

Markers

Link to DCELLS PSE Framework for 7 to 19 year olds in Wales

Theme: Active Citizenship

Intended specific learning outcomes:

Learners should have opportunities to:

- » Accept personal responsibility for keeping the mind and body safe and healthy

And to understand

- » The short and longer term consequences when making decisions about personal health
- » The personal, social and legal consequences of the use of legal and illegal substances





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Introduction (10mins)

A brief overview/discussion on the benefits of maintaining a healthy lifestyle and the consequences of an unhealthy lifestyle. For further information view:

<http://www.cliconline.co.uk/en/info/health/health-and-body-matters/>

<http://www.thesite.org/healthandwellbeing/wellbeing>

http://www.bbc.co.uk/health/treatments/healthy_living/

1. Compare the human body to a properly working machine and ask students what must be kept in good order if they are to remain fit and healthy both physically and emotionally

- » Healthy diet – what you eat
- » Regular exercise – regularly working out your body
- » Time to relax and have fun - boost emotional wellbeing

2. Why is it important to stay healthy?

Looking after your health is important so that you feel good and can cope with the challenges and pressures of everyday life. When you are young you go through many changes, and it's really important that your body gets enough fuel to keep up with the process. Eating a balanced diet, keeping active and learning to relax can help keep you in good health while your body grows and develops

<http://www.cliconline.co.uk/en/info/health/health-and-body-matters/>

3. What happens when we don't maintain our health?

We are at risk of health problems and diseases that can lower our enjoyment of life and even shorten our lives <http://www.bhf.org.uk/heart-health/prevention.aspx>

4. What diseases or health problems could possibly be prevented by keeping a healthy lifestyle?

Here are a few examples. You may want to research more:

- » Heart disease- lack of exercise, excess saturated fats, smoking
- » Liver disease – excess alcohol
- » Obesity & flabby body – excess fatty foods, lack of exercise
- » Strokes – high fat diet, excess caffeine
- » High Blood pressure
- » Various cancers by poor diet, smoking, excess alcohol, substance misuse
- » Breathlessness
- » Little energy
- » Stiff joints
- » Osteoporosis
- » Poor posture
- » Low mood

http://www.bbc.co.uk/worldservice/sci_tech/features/health/healthyliving/exerciserisk.shtml

http://kidshealth.org/teen/diseases_conditions/heart/hypertension.html





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Activity (45mins)

1. Group research (30mins)

» Split students into five groups and give them flip chart paper and marker pens. Give one of the following topics to each group:

- i. Diet
- ii. Substance abuse
- iii. Exercise
- iv. Sleep
- v. Sex and relationships

» Ask the groups to draw a spider diagram on their flipcharts to show ways that their topic can affect their health positively and negatively and at the same time also consider the impact of their situation on the health and emotional wellbeing of others. E.g. What impact does it have on the parents if their children take drugs?

» Students visit the Health section on the CLIC website > Info> Health at <http://www.cliconline.co.uk/en/info/health/> or other websites to get the information they need

2. Presentation of findings (15mins) Each group to present their findings back to the class. Teacher facilitate class discussion

Plenary (5mins).

Summarise discussion and include signposting to sources of information, advice and support for young people(5mins). All the following and more are found on the CLIConline website

<http://www.cliconline.co.uk/en/info/health/>

<http://www.wales.nhs.uk/>

<http://www.meiccymru.org/>

<http://www.nya.org.uk/search?q=health&x=0&y=0>

<http://www.bbc.co.uk/surgery/helplines>

<http://www.thesite.org/healthandwellbeing/wellbeing>

<http://www.youthaccess.org.uk/>

Tips, suggestions and additional resources:

CLIC's Health section:

<http://www.cliconline.co.uk/en/info/health/>

