Year 7 Health and Wellbeing PE Lessons

HEALTH

DIET

SPORT FOR ALL

Autumn Term

Spring Term

Summer Term

In year 7, you will have 3 hours a fortnight where you will be physically active and you will cover a range of activities such as competitive games (rugby, netball, football, hockey etc) and creative activities such as gymnastics/dance. 1 hour a week you will be based in your classroom for your Health and Wellbeing lesson.

- Define health and explain the physical, mental, and social benefits of physical activity.
- Reflect on personal reasons for exercising and how these link to overall wellbeing.
- Explain why people set goals, describe what makes a goal effective, and set their own goal with steps to achieve it.
- Describe what a growth mindset is and identify strategies to develop it in learning and sport.
- Discuss emotions experienced in sport and practise coping strategies for managing stress.

- Identify and describe the main food groups and explain how the Eatwell Plate supports a balanced diet.
- Explain the importance of hydration and the role of water in maintaining health.
- Define and apply the concepts of calories and energy balance to everyday lifestyle choices.
- Analyse the risks associated with positive and negative energy balance on short-term and long-term health.
- Evaluate and reflect on personal lifestyle choices, setting realistic goals to improve diet, hydration, and energy balance.

- Define what is meant by Sport for All and why inclusivity matters.
- Describe and explain how disability, gender stereotypes, ethnicity, and LGBTQIA+ identity can affect participation in sport.
- Evaluate the barriers to participation in sport and suggest strategies to promote inclusivity and equal opportunities.
- Understand and reflect on the impact of social media on body image and self-esteem.
- Identify sources of advice and guidance to manage stress and negative perceptions of body image.