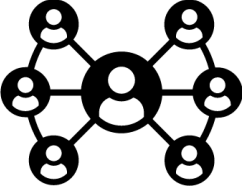






Curriculum for Life

'Preparing us for life beyond Trinity'

		
Healthy Relationships	Health and Wellbeing	Living in the Wider World

Term 5 – How can I look after my Health?







Name: _____

C4L Teacher(s): _____

Classroom: _____



Curriculum for Life: Year 7 - Big Picture

<p>Term 1: Welcome to Trinity and Healthy Minds <i>How can I ensure I have the best start at Trinity?</i></p> <p>This unit is about ensuring you are as comfortable as possible with your transition to Trinity Academy Halifax. We will explore what Curriculum for Life is and how this subject can help set you up in the right direction to be successful at Trinity. We will also explore how you can look after your mental health when joining secondary school, as you may face to challenges, emotions and feelings.</p> 	<p>Term 2: Healthy Relationships <i>What makes a positive relationship?</i></p> <p>This unit is about supporting you in your transition to Trinity Academy, specifically when it comes to making new friends & showing respect to other students. To be a successful student at Trinity you need to understand our expectations of how we treat others. You will look at what a positive relationship is and how to maintain healthy relationships but also, you will look at negative aspects of relationships & the school's policy around bullying and what bullying is.</p> 	<p>Term 3: Living in the Wider World <i>How can I support my local community?</i></p> <p>This unit is about giving you a positive view of the community you live in. It is also about giving you the opportunity to give back to the community you have grown up in. You will examine how your local community works and also begin to look at how you can impact upon your local community. A project will be created to allow you to develop the skills needed for charity work and to also link with our school's principles of responsibility, empathy and respect.</p> 
<p>Term 4: Health and Well Being <i>How does puberty impact me?</i></p> <p>This unit is about understanding about how your bodies will be changing currently and in the next few months and years. Both boys and girls will be given an insight into how your bodies differ and how you can manage these changes. We also ensure you are aware of how to keep your bodies clean as your bodies are changing, supporting you with personal hygiene including dental hygiene. </p> 	<p>Term 5: Health and Well Being <i>How can I keep myself healthy?</i></p> <p>This unit about being aware of how your food and drink choices impact upon your health. It will allow you to understand what makes food healthy & unhealthy & the impact this can have upon your body. It will also include other choices you make such as your sleeping habits, exercise, time spent on social media & smoking/e-cigarettes.</p> 	<p>Term 6: Living in the Wider World <i>How does money impact people's lives & why do people commit crime?</i></p> <p>You will examine the choices people have with their money, looking at both positives and negatives of financial decisions. You will also examine the products banks and building societies offer to keep track of your money & how to keep your money safe from fraud and scams. You'll finally examine the implications of crime, looking at why people commit crimes and the statistics of youth crime in the UK.</p> 

Term 4- Knowledge Organiser

How can I keep myself healthy?	Keywords	
<ul style="list-style-type: none"> To keep healthy its important to make the right choices for our body. This can include choices around food, drinks, exercise, sleep and substances. In 2017 30% of children ages 2 – 16 were classified as overweight or obese. You should aim for at least 30 minutes of exercise per day to maintain a healthy active lifestyle. Statistics in 2018 stated that over 66% of children attending secondary school do not get enough sleep. For a child ages 6-13 they should be getting around 8 hours sleep a night. 	Physical Health	The condition of your body. Physical health is critical for overall well-being, and can be affected by diet, levels of physical activity, and behaviour (for instance, smoking).
	Diet	The kinds of food a person eats.
	Exercise	Activity requiring physical effort.
	Sleep Deprivation	Suffering from a lack of sleep.
	Caffeine	A compound found in some drinks e.g. energy drinks that impacts the central nervous system.
	Addiction	Being dependent on/craving a substance or activity. E.G Gaming addiction or alcohol addiction.

Websites to further information:

- NHS Eat Well - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/>
- NHS Sleep – <https://www.nhs.uk/live-well/sleep-and-tiredness/how-to-get-to-sleep/>

Title: How does food impact my health?

Name the food groups.

- 1.
- 2.
- 3.
- 4.
- 5.

Healthy

Unhealthy

How can food negatively impact our health?

Title: Why is exercise important for my health?

Connect – Self Reflection

How much exercise do you do in a week?

How much exercise should you do in a week?

Physical Benefits

Mental Benefits

Low

Moderate

Vigorous

Day	Monday	Tuesday	Wednesday	Thursday	Friday
Type of Exercise					
Duration					
Intensity of Exercise					

Title: How does sleep impact my health?

Knowledge Recall	Answer
1. Name the food group bread is included in.	
1. How many minutes of exercise should you do every week?	
1. What are the three types of exercise.	

Why is sleep important?

Sleep Deprivation	Benefits of sleep

Self Reflection	
1. What can you do to improve your sleep routine?	

Title: How do different substances impact my health?

Knowledge Recall	Answer
1. Name 4 main food groups.	
2. How many hours of sleep should a 12 year old get every night?	
3. What the three different intensity's of exercise.	
Video Questions	Answers
Energy Drinks	
List three things caffeine does to your body.	
How many cups of coffee can a can of energy drink be equivalent to?	
What are better options?	
Alcohol	
What type of drug is alcohol?	
What organs does alcohol effect?	
Name two short-term effects of alcohol. Name two long-term effects of alcohol	
Smoking & Vaping	
Name three organs that are effected by smoking	
What is the impact of nicotine on the body?	
What is the impact of tar on the body?	
List three ways vaping can impact your brain development.	
What mental health issues might vaping increase?	
Young children that smoke are more likely to do what later on in their lives?	

Title: How can gaming impact my health?

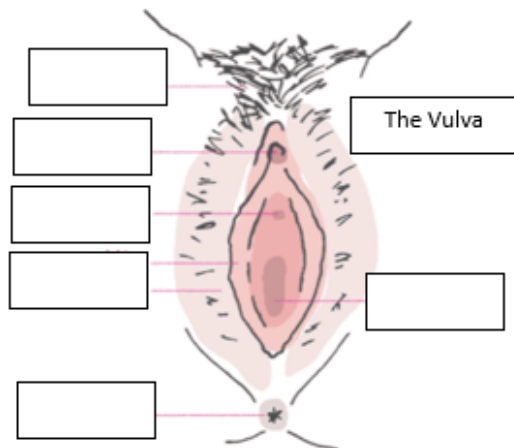
Knowledge Recall	Answers
How many famous online gamers can you name?	
How many hours per week do you spend on computers / games consoles / electronic devices?	
Is it possible to become addicted to video games?	

Why do people play video games?

Video Questions	Answers
1. Why did this boy start playing the PlayStation?	
2. What signs can you spot that show he is becoming addicted?	
3. What physical side effects did this have on him?	
4. What mental side effects did this have on him?	
5. What impacts did this have on his life?	

Title: What is FGM?

The Female Anatomy



Statement

True or False?

Self Assess

If not cut, the clitoris will continue to grow out of control.

FGM can cause infertility (not being able to have children)

The clitoris gives the woman pleasure and does not harm her partner.

FGM will not make the vagina more hygienic, in fact it can make it less hygienic due to sores and cuts likely to get infected.

The clitoris will harm her husband during sex.

Without FGM the woman will be infertile.

FGM may cause serious complications at childbirth.

The clitoris will harm the baby during delivery.

Without FGM, the woman will smell.

The clitoris stops growing after puberty.

Title: What is FGM?

Knowledge Recall	Answers
Define FGM	
List three negative effects of FGM	
What does the UK law say about FGM?	

The time had come for my oldest sister Aman, to be circumcised. Like all younger siblings, I was envious, jealous that she was entering this grown-up world that was still closed to me. Aman was a teenager, much older than the normal age for circumcision, but so far, the timing had never been right. As my family travelled Africa in an endless cycle, we had somehow missed the gypsy woman who performed this ancient ritual. My father was growing concerned, because Aman was reaching marriageable age, but no marriage could take place unless she had been properly 'fixed'. The prevailing wisdom in my country is that there are bad things between a girl's legs, parts of our bodies that we are born with but yet are 'unclean'.

These things must be removed – the clitoris, labia minora, and most of the labia majora are cut off, then the wound stitched shut, leaving only a scar where the genitals had been. But the actual details of the ritual cutting are left a mystery – it's never explained to the girls. You just know that something special is going to happen to you when your time comes.

As a result, all young girls in my country anxiously await the ceremony that will make their transformation from being a little girl to becoming a woman. Originally the process occurred when the girls reach puberty, and the ritual had some meaning, as the girl became fertile and capable of bearing her own children. But through time, female circumcision has been performed on younger and younger girls, partially due to the pressure from the girls themselves, since they eagerly await their 'special time' as a child in the West might await her birthday party.

When I heard that the old gypsy was coming to circumcise Aman, I wanted to be circumcised too. The day before the event, I begged my mother, tugging at her arm, 'Mama, do us both together. Come on Mama, do both of us tomorrow.'

From Desert Flower by Waris Dirie

Video Questions	Answers
1. What was Waris going to have done?	
2. Why do you think Waris wanted this procedure / practice done to her? (think about last lesson).	

Title: What is FGM?

In spite of my anger over what has been done to me, I don't blame my parents. I love my mother and father. My mother had no say-so in my circumcision, because as a woman she is powerless to make decisions. She was simply doing to me what had been done to her, and what had been done to her mother and her mother's mother. And my father was completely ignorant of the suffering he was inflicting on me. He knew that in our society, if he wanted his daughter to marry, she must be circumcised or no man would have her. My parents were both victims of their upbringing and cultural practices that have continued unchanged for thousands of years. But just as we know today that we can avoid disease and death by vaccinations, we know that women are not animals in heat, and their loyalty has to be earned with trust and affection rather than barbaric rituals. The time has come to leave the old ways and suffering behind.

I feel that God made my body perfect the way I was born. Then man robbed me, took away my power and left me a cripple. My womanhood was stolen. If God had wanted those body parts missing, why did he create them?

I just pray that one day no woman will have to experience this pain. It will become a thing of the past and the world will be safe for all women. What a happy day that will be, and that's what I'm working towards. In'shallah, if God is willing, it will happen.

From Desert Flower: The Extraordinary Life of a Desert Nomad by Waris Dirie

Video Questions	Answers
1. How has her attitudes changed towards FGM?	
2. How does this section of the story confirm that young girls and others believe myths about FGM?	
3. Why do you think it took her so long to realise what had happened to her was wrong?	

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Lined writing area with 24 horizontal lines.