



# Greenwood School Curriculum Summary

**Subject: Physical Education**

**Year: 2020**

**Term: Spring Term 1**

<u>Lesson name</u>	<u>Lesson outline</u>	<u>Online link(s)</u>	<u>Other Resources</u>
Healthy Eating	To understand the importance of healthy eating and know the role of the different food groups have on your body	<a href="https://www.youtube.com/watch?v=K4LzSH9qU_Q">https://www.youtube.com/watch?v=K4LzSH9qU_Q</a> <a href="https://www.youtube.com/watch?v=K4LzSH9qU_Q">https://www.youtube.com/watch?v=K4LzSH9qU_Q</a>	Healthy eating/food groups worksheets
Personal Hygiene	To understand the importance of personal hygiene and know what activities you need to engage in to have a good personal hygiene routine.	<a href="https://www.youtube.com/watch?v=jQ2e0KH5Wrl">https://www.youtube.com/watch?v=jQ2e0KH5Wrl</a> <a href="https://www.youtube.com/watch?v=FF3PuaYkTMs">https://www.youtube.com/watch?v=FF3PuaYkTMs</a>	Personal Hygiene Diary
Healthy Living	To understand what is meant by healthy living and know what constitutes to leading a healthy lifestyle  To produce a leaflet to illustrate the activities available in a local leisure centre	<a href="https://www.youtube.com/watch?v=zL2M67jbCzI">https://www.youtube.com/watch?v=zL2M67jbCzI</a> <a href="https://www.youtube.com/watch?v=eSEYPO30AN0">https://www.youtube.com/watch?v=eSEYPO30AN0</a> <a href="https://www.youtube.com/watch?v=xxxWv6PM4EM">https://www.youtube.com/watch?v=xxxWv6PM4EM</a> <a href="https://www.youtube.com/watch?v=LHujMS4z4mw">https://www.youtube.com/watch?v=LHujMS4z4mw</a>	Healthy living worksheets
Healthy Living	To be able to briefly describe what is meant by a healthy lifestyle	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a>	Worksheet
Healthy Living	To be able to select appropriate activities that can promote a healthy lifestyle.	<a href="https://www.nhs.uk/live-well/">https://www.nhs.uk/live-well/</a>	Worksheet
Healthy Living	Make suggestions how participating in activities can improve health		Worksheet
Healthy Living	To understand the negative effects of drugs on your body	<a href="https://www.youtube.com/watch?v=Rz2bc9eleqE">https://www.youtube.com/watch?v=Rz2bc9eleqE</a>	Worksheet
Healthy Living	To understand the negative effect of smoking on your body	<a href="https://www.youtube.com/watch?v=Y18Vz51Nkos">https://www.youtube.com/watch?v=Y18Vz51Nkos</a>	Worksheet
Healthy Living	To understand the negative effects of alcohol on your body	<a href="https://www.youtube.com/watch?v=Rz2bc9eleqE">https://www.youtube.com/watch?v=Rz2bc9eleqE</a> <a href="https://www.youtube.com/watch?v=PNq-JcVIYD4">https://www.youtube.com/watch?v=PNq-JcVIYD4</a>	Worksheet
Healthy Living	To understand the effects of exercise on mental health	<a href="https://www.youtube.com/watch?v=GNWqWJm1A1q">https://www.youtube.com/watch?v=GNWqWJm1A1q</a>	
Healthy Living	To understand the benefits of drinking water	<a href="https://www.youtube.com/watch?v=LHujMS4z4mw">https://www.youtube.com/watch?v=LHujMS4z4mw</a>	