**Year 10**

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| **Subject** | **Topic** | **Learning Activities** |
| PSE | **Healthy lifestyles- Making healthy lifestyle choices** | **Task: Watch the 6 video’s around making healthy choices.** Link: <https://www.bbc.co.uk/bitesize/topics/zwqmsbk/resources/1> **Write a summary about each clip:** * What was their story about?
* What were the affects on the individual?
* What were/could be the effects on society?
* What support was given to the individual?

  **Extended writing task:** ‘’Young people learning about making healthy lifestyle choices in school help to minimise future risks on individuals and society’’. Write a response to the statement.  Things to include: * What are healthy lifestyle choices?
* Give examples of unhealthy lifestyle choices and risks.
* How does education help to support healthy lifestyle choices?
* What are the impacts on the individuals and society?
* How far do you agree?
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