

16/07/2026

What makes us 'healthy'?

Instructions for Every Lesson:

1. Get your equipment out and write the title and date
2. Underline both with a ruler
3. Silently start working on the task below without having to be asked
4. If you have completed all of the above to a good standard, you deserve a house point for self-regulated learning



In your book, **write one respectful rule** about how you should conduct yourself in your PD lessons.



What makes us 'healthy'?

16/07/2026

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
physical well-being- mental well-being- hygiene- nutrition- balanced diet-
harmful substances- lifestyle choices-



How would your whole well-being be further improved by setting smart health goals?



How far is it true that our well-being is strongly affected by external factors



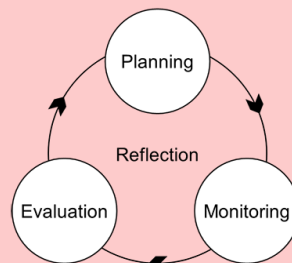
Why are the two elements of our well-being closely linked?



Instructions:

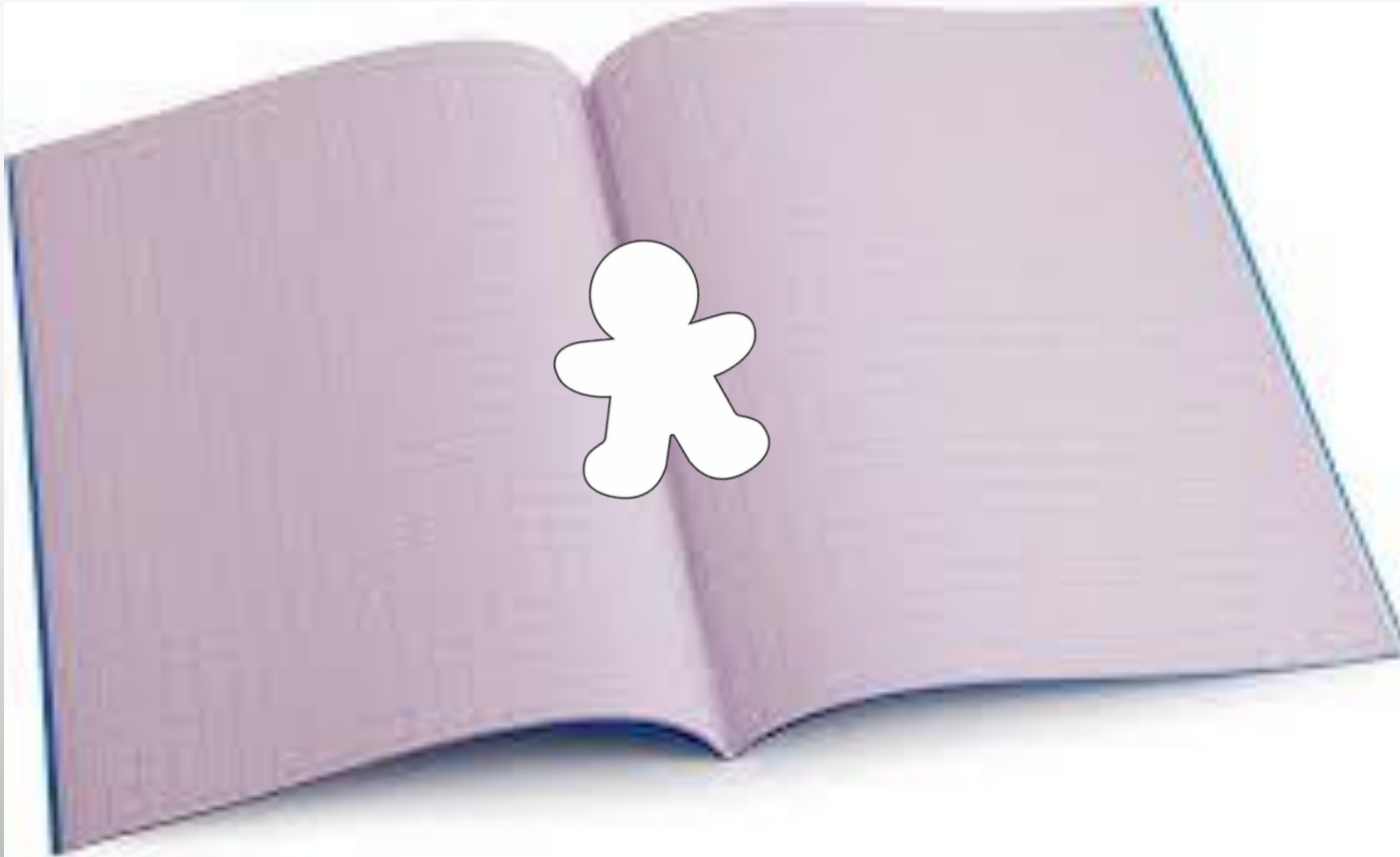
1. Answer the most challenging progress question possible in your book.
2. Evaluate your thinking in today's lesson and how well you think you've answered your progress question.
3. Make final improvements in green pen.

Metacognition phases



What makes us healthy?

Draw a gingerbread person in the middle of a double page

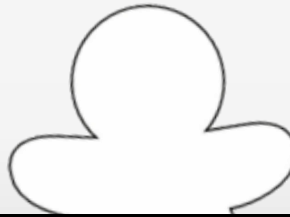


Instructions: working quietly by your self

List all of the factors you can think of that have an impact on our well-being. **Challenge:** can you explain why they keep you healthy?

An example
here

An example
here



An example
here



An example
here

An example
here

An example
here



Instructions:

1. Get ready to share!

Exercise



Sleep well

**Eat a
balanced
diet and
drink plenty
of fluids**

**Think about
the life-style
choices we
make**

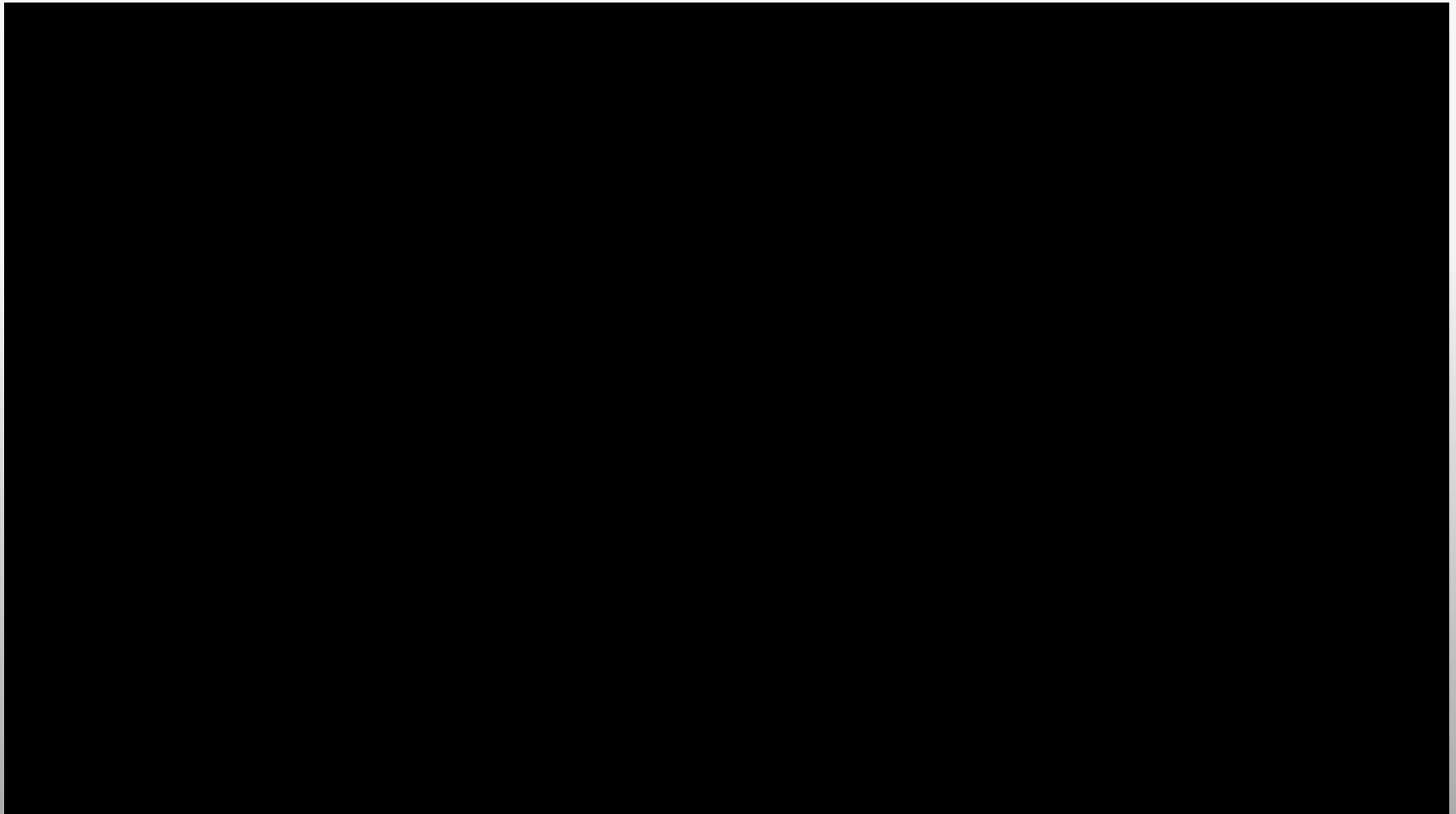
**Good
personal
hygiene**



Instructions: After watching the film, explain why hygiene is important,

- ✓ Good personal hygiene means that we...
- ✓ Good personal hygiene is important because... for example...

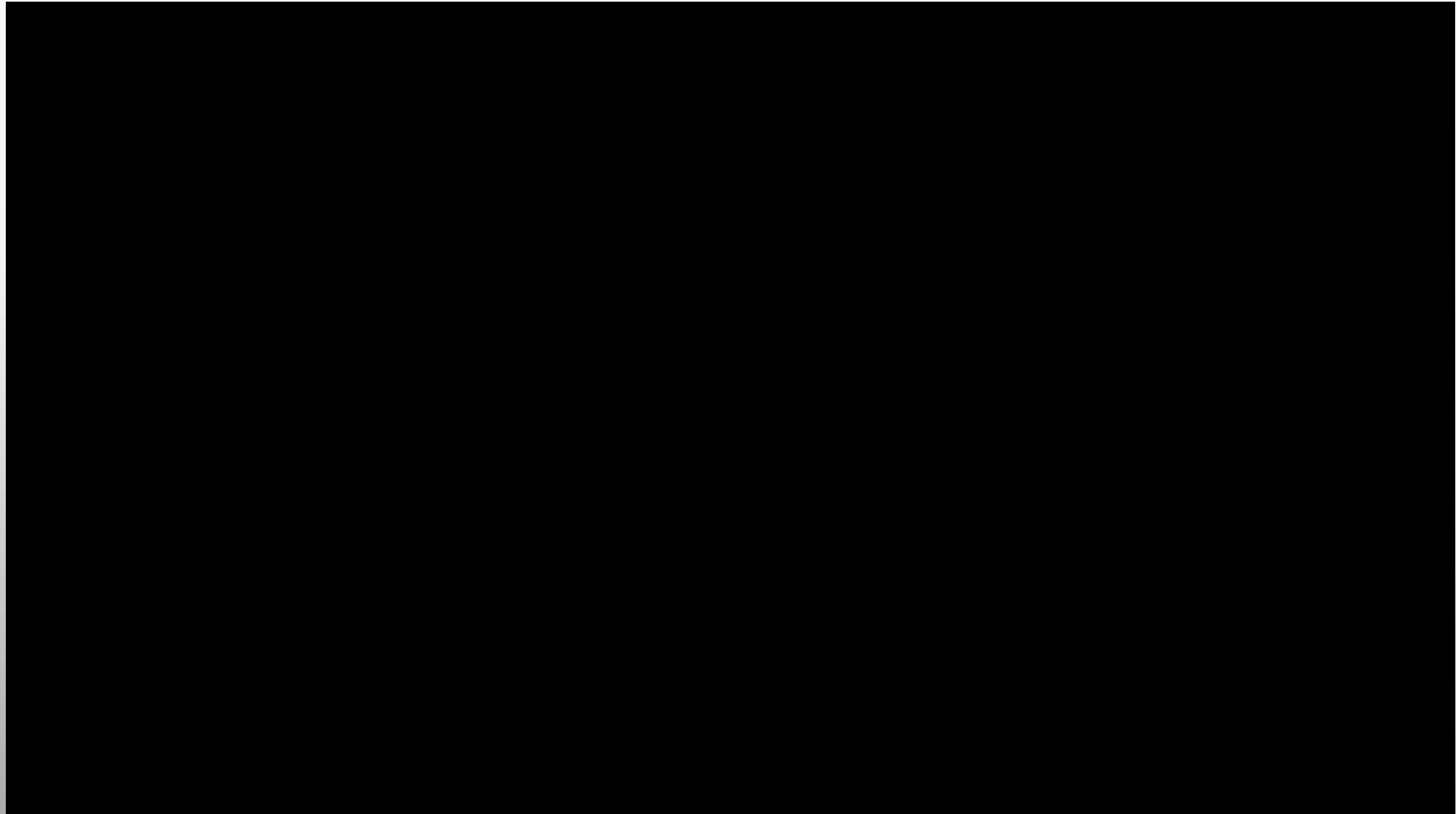
Challenge: how will the need for good hygiene increase as you go through puberty?



Instructions: after watching the film explain the 3 key ways sleep keeps us healthy:

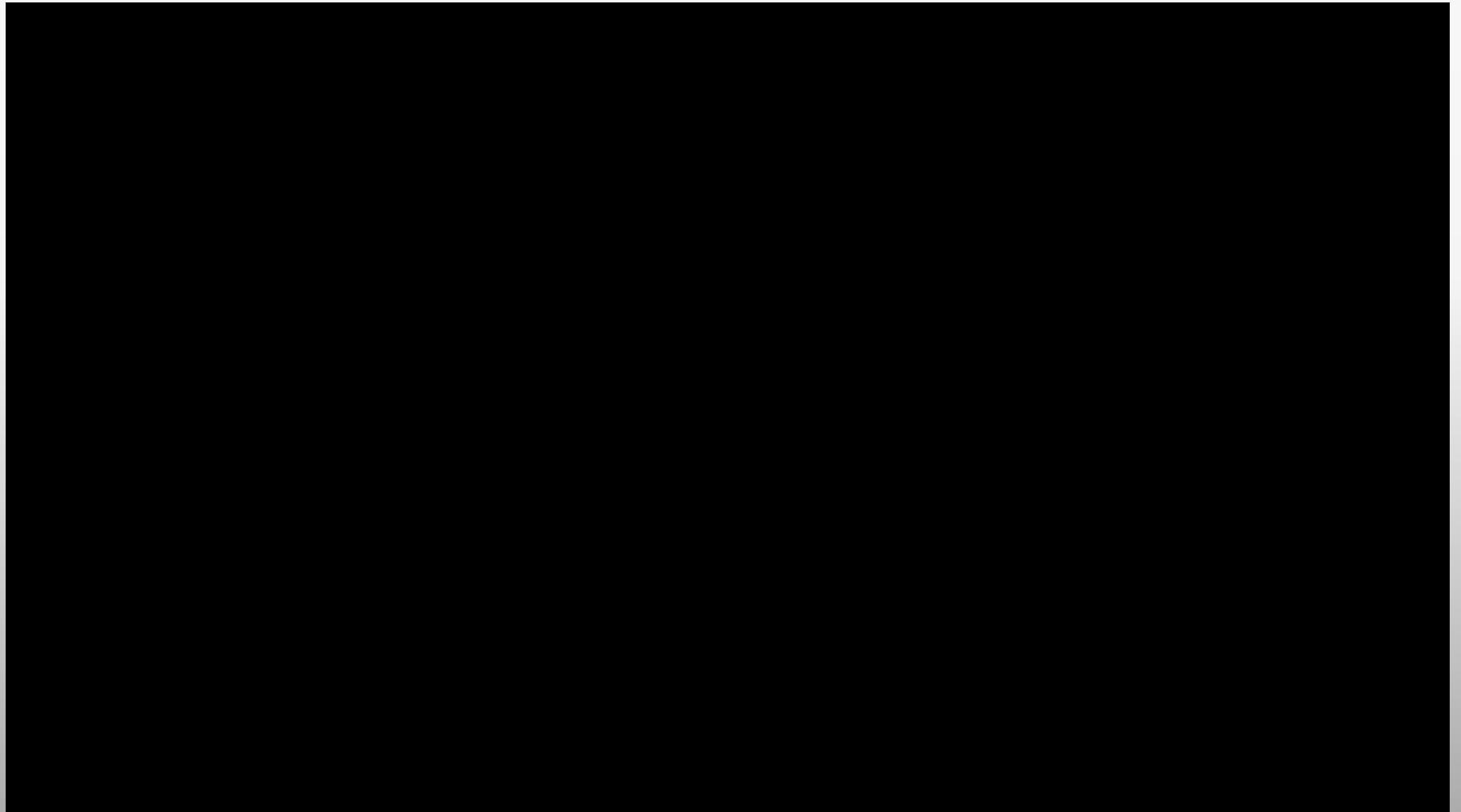
- ✓ During sleep our brains process...
- ✓ Blood flow increases around the body allowing it to...
- ✓ Spinal fluid goes in to the brain and...

Challenge: Explain how over or under sleeping can affect your well-being



Instructions: as you watch the film explain HOW the Eatwell guide helps us eat a balanced healthy diet:

- ✓ The eat-well guide shows us the amounts of...
- ✓ Some examples of the advice includes:



Instructions: after watching the film, explain how lifestyle choices can affect our health. Add these notes at the bottom of your page.

✓ Life style choices means the..

✓ Examples of life style choices that can affect our health and well-being include...

Challenge: can you think of any other life-style choices we have discussed in previous lessons may affect your well-being?



Instructions: after watching the film, explain how lifestyle choices can affect our health. Add these notes at the bottom of your page.

- ✓ Life style choices means the..
- ✓ Examples of life style choices that can affect our health and well-being include...

Challenge: can you think of any other life-style choices we have discussed in previous lessons may affect your well-being?



Instructions: after watching the film explain how exercise can improve our mental wellbeing as well as our physical health:

- ✓ As well as helping keep us physically fit and maintain a healthy weight, exercise is good for our emotional well-being because...

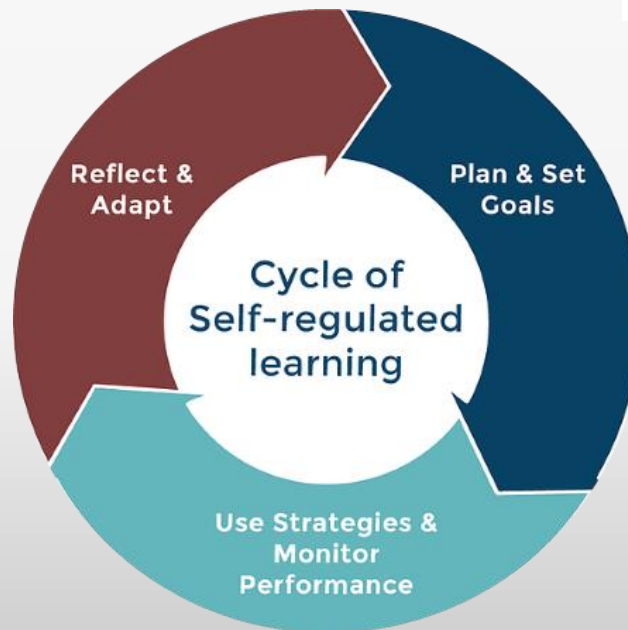
Instructions: after watching the film explain how staying hydrated keeps us healthy.:

- ✓ Keeping well hydrated means having
- ✓ It is important to keep well hydrated because...
- ✓ Not all fluid needs to be water, we can get fluid from food such as...

How may you improve your health and well-being using the self-regulated learning model?



0:30



Instructions:

- 1) Think for 30 seconds
- 2) Discuss the question with your partner for 60 seconds
- 3) Share your ideas when your teacher directs you to do so

Progress Review Question:

Key Vocabulary: Metacognition, self-regulated learning, growth mindset
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harmful substances- lifestyle choices-



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Instructions:

1. Answer the most challenging progress question possible in your book.
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Metacognition phases

