I Can Statement

Subject: PSHE Year: 7

Unit: Healthy lifestyles	Term: Autumn 2	Pre-taught Key Vocabulary	
Topic Overview:			
In this half term you will be learning how to keep yourself healthy and why it is important to do so. You will explore different influences and discuss how to manage these. You will learn that everyone has a different experience growing up and will learn how to discuss other people's experiences respectfully. You will know what changes are likely to happen to you and know what to do when they occur.		Hygiene	Puberty
		Period Poverty	Oral Hygiene
		Lifestyle	Routine
		Emotions	Lifestyle
		Influences	Benefits

I Can Statements:		RAG Rating:		
		Start	End	Teacher
1.	I can describe ways to promote physical, mental and emotional health			
2.	I can explain the benefits of good sleep			
3.	I can identify positive features of physical and mental health			
4.	I can identify how the media, social media and other influences may affect health choices			
5.	I can suggest ways to manage negative influences on health choices			
6.	I can identify hygiene routines to promote a healthy lifestyle			
7.	I can describe how to respect others and their experiences			
8.	I can identify puberty changes and ways to manage these changes			
9.	I can describe what Period Poverty is			
10.	I can explain my views on issues respectfully			