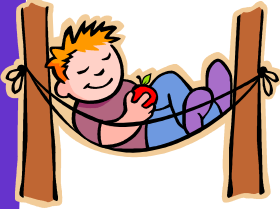


Who We Are



An inquiry into the nature of the self; beliefs and values, personal, physical, mental, social and spiritual health; human relationships including families, friends, communities, and cultures; rights and responsibilities: what it means to be human.

Central idea:
Lifestyle choices can
affect human health

Concepts:

responsibility, reflection

Lines of inquiry:

- Elements of healthy living
- Lifestyle choices
- Consequences of choices

Throughout this unit the students will:

- Learn to collect and manage data about favourite things (e.g. sports, fruit, ways of relaxing)
- Investigate the importance of sleep and relaxation and how this impacts on health
- Learn about heart beats and how it speeds up during exercise and slows when resting
- Discuss ways of maintaining hygiene
- Learn and write procedures about 'how to be healthy' in ways such as packing a healthy snack
- Explore lifestyle choices through guided reading comprehension activities
- Look into ways of enhancing their social health, including the importance of friendships
- Practise applying their knowledge and considering consequences for lifestyle choices
- Develop the skills below through a variety of additional learning experiences

Focus skills for this unit are:

Evaluation– making judgments or decisions based on their acquired knowledge

Healthy lifestyle– making informed choices to achieve a balance in nutrition, rest, relaxation and exercise; practising appropriate hygiene and self-care

Summative (end of unit) Task: Students will read a case study which will include some details of a person's life style. They will suggest consequences and determine possible alternatives and/or amendments they would make to that person's lifestyle. Students will be expected to justify their suggestions.