

# YEAR 7 PHYSICAL EDUCATION – TERM 3

## What is health?

*“A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.”*

## Key factors that can influence your Health

- Smoking- can lead to serious diseases such as lung cancer, heart disease and chronic bronchitis.
- Alcohol- short term effects can be lack of coordination, vomiting, drunkenness. Long term effects can be liver damage, damage to the heart or mental illness.
- Drugs- this can include illegal drugs and the overuse of prescription drugs. The misuse of drugs can have harmful physical side effects (for example heart attacks) as well as mental/emotional side effects.
- Personal hygiene- focus on personal cleanliness. This includes: washing regularly, using deodorant and wearing clean clothes.

## Good Exercise Habits

- Try to walk more - do not get driven when going short distances.
- Try to walk at least part of your journey- for example, get off the bus one stop early.
- Use a bicycle as your chosen form of exercise.
- Try to include some form of exercise every day.
- You should participate in at least 30minutes of exercise a day.

*How much do you know about your own health?*

*Use the homework sheet to develop your understanding of what health is, key factors that can influence your health and what good exercise habits you need.*

*Do you think you are healthy?*

*What positive changes could you make?*

Using the information above complete a CHALLENGE of your choice for homework and upload to your PE group on MS TEAMS – [click here to access CHALLENGES](#)