

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](#)