

Year 7 PDC Booklet

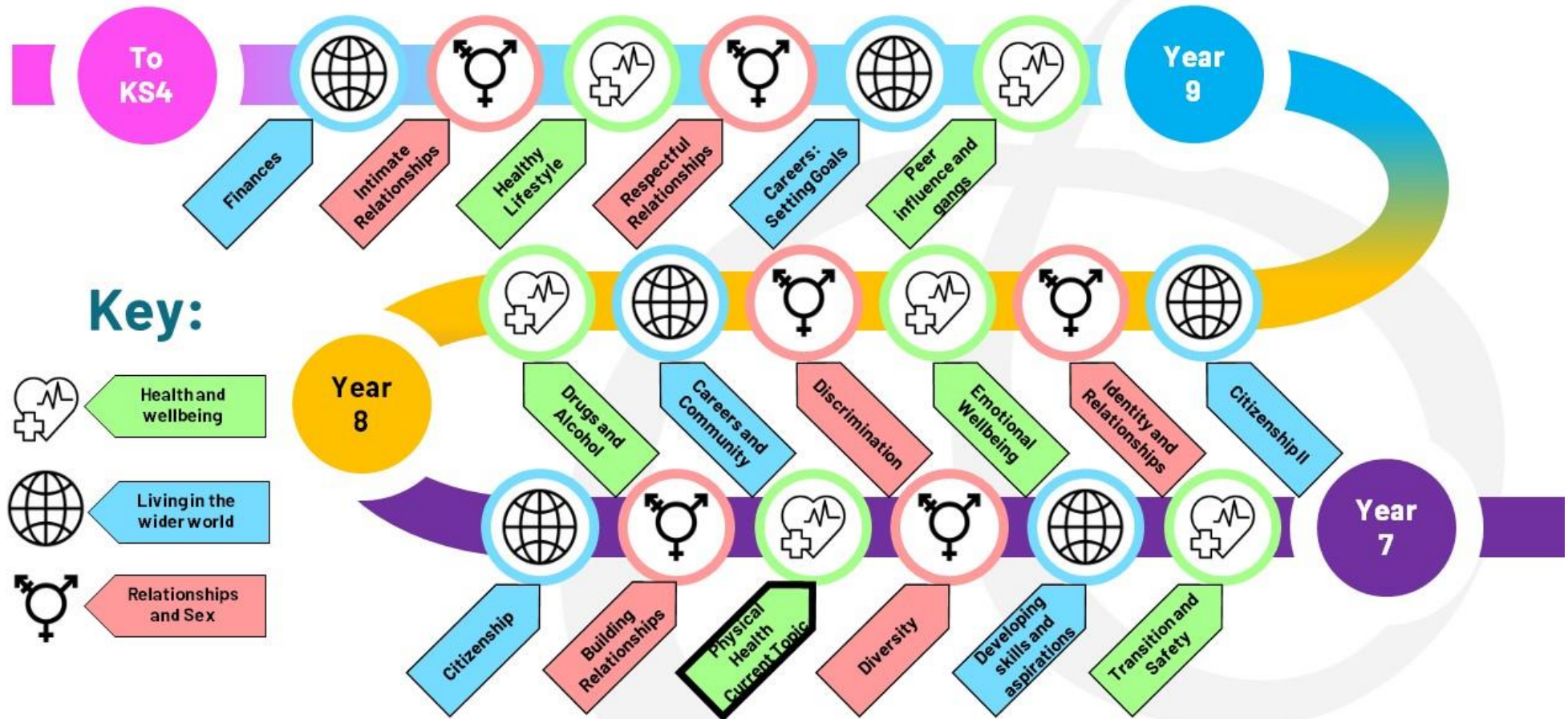
Physical and Mental Health II



Name:

Form:

Personal Development Curriculum KS3 Learning Journey






Year 7 – Block 4: Physical and Mental Health Knowledge Organiser



Key Words	
Sleep	Sleep is a natural and regularly-occurring state in humans and other animals. During sleep, our nervous system becomes less active and our consciousness is diminished, meaning that we're not as aware
Sleep Debt	The amount of sleep you have missed out on.
REM	Rapid Eye Movement. This type of sleep is where we dream for approximately 50% of the night
Personal Hygiene	Personal hygiene is how you care for your body. Good personal hygiene involves keeping all parts of the external body clean and healthy. This includes,
Vaccination	A substance used to stimulate immunity to a particular infectious disease or pathogen, typically prepared from an inactivated or weakened form of the causative agent or from its constituents or products.
FGM	Female Genital Mutilation. The act of cutting some or all of a female person's external genitals, for reasons which are not medical. It is also sometimes referred to as female circumcision.

Sleep	
Why do we sleep?	To function efficiently and productively
Length of time?	<ul style="list-style-type: none"> Children: 8 -10 hours Adults: 8 hours
Catching up on missed sleep?	Yes this is possible, and you should sleep extra on subsequent days where you have missed out on sleep
Can't Sleep?	Breathe in for 4, hold for 4 and breathe out for 6. Keep repeating until you fall asleep (usually 10 cycles)

The Eatwell Guide	
	1. Carbohydrates–Base meals on these foods where possible
	2. Fruit and veg–Eat at least 5 portions a day
	3. Dairy–You need a smaller amount of dairy every day
	4. Fats–Have these less often and in smaller amounts
	5. Protein–You need some protein in every meal

Handwashing Guide		
 <p>1 With soap, thoroughly rub the palms of your hand together</p>	 <p>2 Rub each palm over the back of the opposing hand with fingers interlaced</p>	 <p>3 Interlace your hands and rub palm to palm</p>
 <p>4 Interlock your hands and rub the backs of your fingers onto the opposing palm</p>	 <p>5 Grasp your thumb with the opposing palm and rub while rotating</p>	 <p>6 With clasped fingers, rotationally rub each hand onto the opposing palm</p>

Where To Go For Support:	
Teachers and School Staff, Parents, Friends, Parents	
NPSCC	https://www.nspcc.org.uk
Childline	https://www.childline.org.uk
COPS	https://ceop.police.uk/safety-centre/

Vaccinations	
Advantages	Disadvantages
If enough people are vaccinated, we stop people becoming extremely ill	They require a lot of logistics to get in place i.e. storing at cold temperatures
The chances of dying or severe illness drop	Some people end up with side effects
It is cheaper than treating a very ill per-	Its not 100% effective

FGM
<ul style="list-style-type: none"> Female Genital Mutilation Act 2003 makes it illegal for FGM to be performed in the UK or anywhere in the world on UK citizens or permanent residents of any age. If you carry out or help in carrying out FGM or if you arrange for someone to undergo FGM you face up to 14 years in prison. It is also illegal to take a British national or permanent resident abroad for FGM or to help any one trying to do this.

Effects of FGM	
Physical	Emotional
<ul style="list-style-type: none"> Bleeding Urinary tract infections Pregnancy complications Difficulty during childbirth Menstruation problems Painful sex Infertility 	<ul style="list-style-type: none"> PTSD Anxiety Trust Issues Anger Issues

Contents

Title: Learning To Learn - Modelling	5
Title: Importance of Sleep	8
Title: Having A Healthy Diet	10
Title: Personal Hygiene and Physical Health	14
Title: Female Genital Mutilation	16

Date:

Title: Learning To Learn - Modelling

Retrieval Practice

1. Metacognition means thinking about how you _____ and learn.
2. A good revision strategy is to (delete word) plan/monitor/evaluate your progress and adapt your methods if needed.
3. Revising in short, focused sessions with _____ in between helps improve memory retention.
4. Using _____ practice, such as self-testing, is more effective than simply re-reading notes.
5. Creating a clear _____ for revision ensures you cover all the necessary topics before the exam.

Baseline and Endpoint Assessment:

	Baseline Assessment	Endpoint Assessment
1. What is modelling?
2. How can you use modelling to help you learn?

An Example of Modelling

Task: Plan a Revision Timetable for a Week

- I have a lot of things to do and I'm not sure how to do these.
- My teacher told me how to make a revision timetable in school, and so I am going to use their example as a model, to "think aloud" exactly how to make this timetable step by step.
- I will also use the approach of planning, monitoring and evaluating to get there

Stage 1: Planning

- "I have a science test, an English essay, and maths homework to prepare for this week. I'll need to spread these tasks across the week to make sure I don't leave anything to the last minute."
- "Let me start by checking how many free afternoons and evenings I have after school. I see I'm busy on Tuesday with football practice, so I'll avoid putting a big task there."

Day	Task
Monday	Revise science topic A
Tuesday	Write a draft English essay
Wednesday	Maths Homework
Thursday	Revise science topic B
Friday	Relax into the weekend

Stage 2: Monitoring

- "Okay, I've written my plan, but Tuesday still looks packed. I'll move the English essay draft to Wednesday instead to balance things out."
- "I'm also going to add a notes column, so that I know exactly what I am going to be doing, and things to make sure I don't forget"

Day	Task	Notes
Monday	Revise science topic A	Focus on diagrams and definitions
Tuesday	Write a draft English essay	Needs to be done before football
Wednesday	Maths Homework	Longer session available
Thursday	Revise science topic B	Focus on exam practice
Friday	Relax into the weekend	Revisit if any work needs completing

Stage 3: Evaluating

- "This looks manageable. I've given myself time for breaks and kept the evenings lighter before big tasks. If this doesn't work, I can adjust during the week."

Day	Task	Notes
Monday	Revise science topic A	Focus on diagrams and definitions
Tuesday	Write a draft English essay	Needs to be done before football
Wednesday	Maths Homework	Longer session available
Thursday	Revise science topic B	Focus on exam practice
Friday	Relax into the weekend	Revisit if any work needs completing

Date:

Title: Importance of Sleep

Retrieval Practice

1. Metacognitive modelling involves talking out loud the _____ process while completing a task.
2. It helps you to understand how to _____ complex or challenging problems.
3. You can demonstrate how to plan, monitor, and _____ thinking during learning.
4. By observing others, you can learn strategies to _____ your own learning.
5. Metacognitive modelling encourages you to reflect on what worked and what you can _____ next time.

Baseline and Endpoint Assessment:

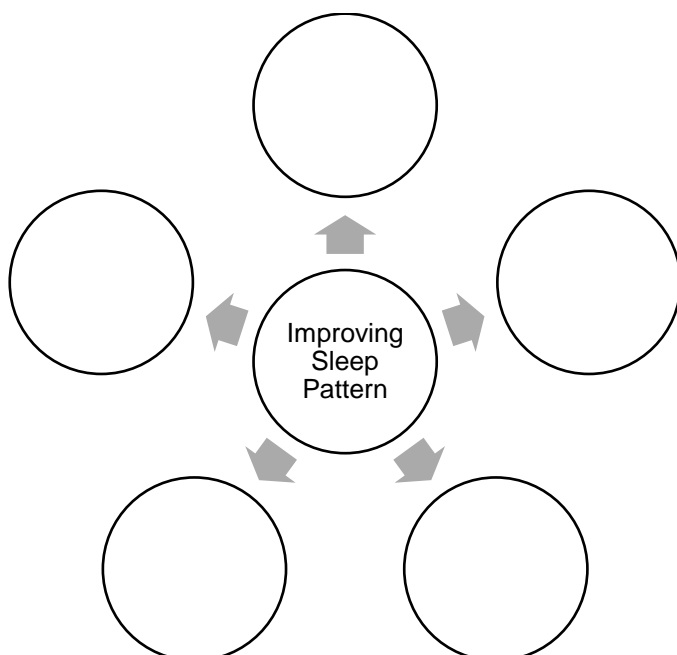
	Baseline Assessment	Endpoint Assessment
1. Why is getting enough sleep important?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. How can we ensure we get enough sleep?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: Questions

1. What is the function of sleep?
.....
2. How long do we spend asleep?
.....
3. Which study group had fewer attention lapses?
.....
4. Which group had similar reactions to drunk people?
.....
5. What is sleep debt?
.....
6. How long does it take to recover from short-term sleep debt?
.....
7. How long should we sleep for?
.....

Task 2: Identifying how to improve your sleeping pattern

Fill in the diagram to identify ways to improve your sleeping pattern. Then fill out the table below to describe the changes you will make to your sleeping pattern:



e.g Ensuring I go to bed at 10pm each night

Date:

Title: Having A Healthy Diet

Retrieval Practice

1. Teenagers need approximately _____ hours of sleep per night.
2. Many are averaging approximately _____ hours.
3. After puberty, the internal clock of an adolescent undergoes a biological shift of up to _____ hours later.
4. The time that teenagers naturally wake up also shifts by up to _____ hours later.
5. Teenagers will _____ from a regular _____ schedule.
6. The time before bed (at least 60 minutes) should allow for winding down and must _____ screen use (e.g. TV, phones, tablets etc.).
7. Teenagers should _____ caffeinated or high-sugar products such as fizzy drinks, tea or coffee and sweets.
8. Spending time _____ every day (especially in the morning) can be beneficial to sleep.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What are the different food groups that we should consume?
2. Why is it important to have these different food groups in moderation?

Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy 1046kJ 250kcal	Fat 3.0g	Saturates 1.3g	Sugars 34g	Salt 0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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Key Messages

Eat at least 5 portions of a variety of fruit and vegetables every day.

Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible.

Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily).

Have some dairy or dairy alternatives (such as soya drinks); choosing lower fat and lower sugar options.

Choose unsaturated oils and spreads and eat in small amounts.

Drink 6-8 cups/glasses of fluid a day.

If consuming foods and drinks high in fat, salt or sugar have these less often and in small amounts

Task 1: Menu

Create a day's menu of a healthy, balanced diet which meets Eatwell Guide recommendations.

Meal	Contents	What part of the Eatwell guide have you used?
Breakfast		
Lunch		
Dinner		

Task 2: Peer Assessment

1. Swap the menus with a different pupil.
2. In pairs discuss how the diet is balanced in comparison to the Eatwell guide.
3. Provide feedback: WWW and EBI.

What Went Well	Even Better If

4. Add WWW and EBI comments in green pen to your work.

Date:

Title: Personal Hygiene and Physical Health

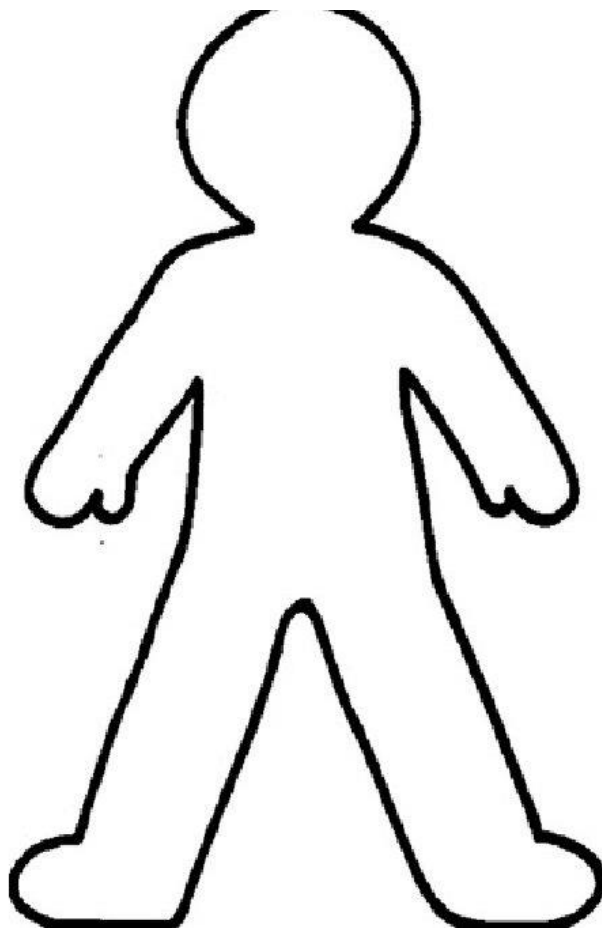
Retrieval Practice

1.
2.
3.
4.
5.
6.
7.

Baseline and Endpoint Assessment

	Baseline Assessment	Endpoint Assessment
1. What does the term personal hygiene mean?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
2. Why is it important to keep good personal hygiene?	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>

Task 1: What do we need to keep hygienic?



Task 2: Set Yourself a Challenge

I am going to set myself a challenge this week – I am going to ensure I get a total of 60 minutes exercise a day by...

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Date:

Title: Female Genital Mutilation

Retrieval Practice

1. _____ is important for maintaining healthy teeth and gums.
2. It's recommended to brush your teeth at least _____ times a day, especially after meals.
3. Flossing helps remove _____ between teeth that brushing alone might miss.
4. Regular exercise not only benefits your overall health but also contributes to good _____ health.
5. _____ is a fun way to stay active and promote cardiovascular health.

Baseline and Endpoint Assessment




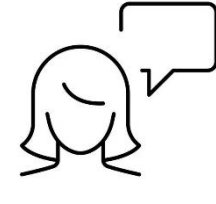




Katie "Mum said that when she was young, there was a party for her and some other girls, but then they were cut."

Sophia "Cut? What do you mean?"

Katie "Their flowers were cut. You know, their womanhood? It sounded awful. I thought they were going to do it to my sister and me."

1. What does being 'cut' mean here?
.....
2. Why might there have been a party?
.....
3. What help might be available for Katie's mum, or the other girls?
.....
4. What support might be available for Katie and her sister?
.....
5. What questions might Katie and Sophia have?
.....

Task 1: Getting The Facts Straight

Villagers Say (incorrect Statement):	Rose Replies:
 <p>Girls are clean once they have been cut</p>	<p>FGM is a crime and most women don't experience it – it's nothing to do with becoming a woman."</p> 
 <p>It's completely safe, nothing can go wrong</p>	<p>The vagina keeps itself clean naturally and the vulva isn't dirty – it just needs gentle washing in the shower or bath."</p> 
 <p>Being cut is part of becoming a woman</p>	<p>It's not safe at all – it can cause lots of serious problems at the time and for the rest of the girl's life."</p> 
 <p>The procedure ensures that a woman remains pure – a virgin until her wedding</p>	<p>FGM is a crime and most women don't experience it – it's nothing to do with being pure."</p> 

Task 2: Scenarios

Scenario	What Feelings might they have about saying something?
While in another country, Katie tells her cousin Sweetpea that she thinks their family is going to force them both to undergo FGM.	
Rose tells a colleague that she has undergone FGM and is suffering from the consequences as an adult.	
Tony is worried that his sister might be forced to undergo FGM but isn't sure what he can do about it.	
Before she goes on holiday, Katie tells her friend Sophia that she is worried about FGM.	