WHO WE ARE

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

Central Idea

The choices people make affect their health and well-being

Lines of Inquiry

- A balanced lifestyle is dependent on making good decisions.
- Physical activity and social interactions affect our well-being.
- The choices we make affect our health and our relationships

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Knowledge
After completing this unit you will:

- Identify the features of a balanced lifestyle
- Recognise the changes in our body after physical exercise
- Make informed choices in relation to keeping our body healthy
- Recognise the qualities and responsibilities of a good team member

Teacher Questions

- How do we achieve a balanced lifestyle? What important decisions have you made in the past to balance your lifestyle?
- Does your body change with physical activity?
- How can the choices I make now affect my future lifestyle?
- What are the qualities/responsibilities of a good team member?

How you can help at home

* Discuss the food consumed by your family each week in relation to the healthy diet recommendations
* Discuss the physical and leisure activities that your family participates in during the week - distinguish between team and individual activities
* Encourage your child to discuss the family menu and involve them in the weekly shopping