



TWO RIVERS
HIGH SCHOOL

Two Rivers High School

Health and Fitness Knowledge and Skills

	Autumn 2022-23	Spring 2022-23	Summer 2022-23
	Healthy Living / Components of Fitness & Testing	Health & Hygiene / Competitive Team Games	Making the Most of Leisure Time / Choices and Decisions / Rebound, Yoga & Meditation.
Recognise the steps needed to lead a healthy lifestyle.			
Identify what they can do to contribute to a healthy lifestyle.			
Understand what good personal hygiene is.			
Participate in an activity to contribute to a healthy lifestyle.			
Make suggestions how participating in activities can improve health.			
Know some effects of alcohol, smoking and drugs on the body.			
Name some foods and their food groups (Carbohydrates, proteins, Dairy, Fats ect.)			



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Comment on what makes up a healthy balanced diet.			
Identify some of the components of fitness and understand what they mean.			
Name the main causes of food poisoning.			
State 3 main types of food poisoning.			
Make simple reference to the effect of food poisoning on a person's health.			
Identify common hygiene and safety points.			
Understand basic rules of some team games.			
Understand how to work as a team.			
Identify the benefits to themselves of taking part in an activity.			
Take part in an activity which they find relaxing and identify what they did/did not like			
Take part in an activity which they find Challenging and identify what did/did not they like.			
Take part in an activity which involves learning a new skill.			
Take part in making a decision about an aspect of their life.			
Identify daily events where choices can be made.			
Identify choices involved in decision making			



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Skills

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