

# Year 7 STEPS Learning Journey



## Summer Term: What does it mean to be healthy?

Core knowledge	Reference number
1. What does it mean to be healthy?	
2. What is healthy eating?	
3. What is good mental health?	
4. What impact to substances have on the body and mind?	
5. Why is good hygiene important?	
6. What are the benefits of sleep on the body and mind?	
7. Why is online safety so important?	
<b>8. CA2</b>	
9. Feedback response	

### Learning Checkpoints

LC Title	Completed?	DIRT?
1. Multiple choice questions 2. How can you stay safe and healthy?		

### Key Vocabulary:

**Health**  
**Healthy**  
**Mental health**  
**Drugs (prescription and recreational)**  
**Alcohol**  
**Sleep deprivation**  
**relationships**

