

EXERCISE

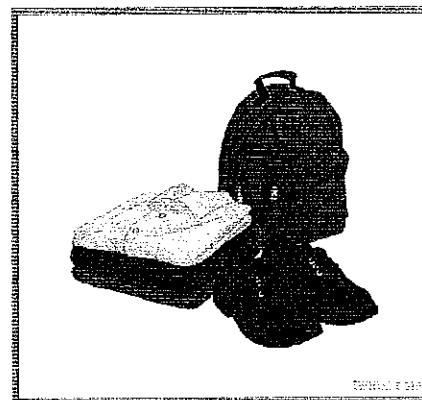
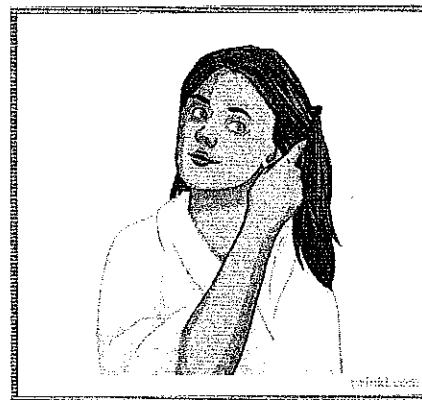
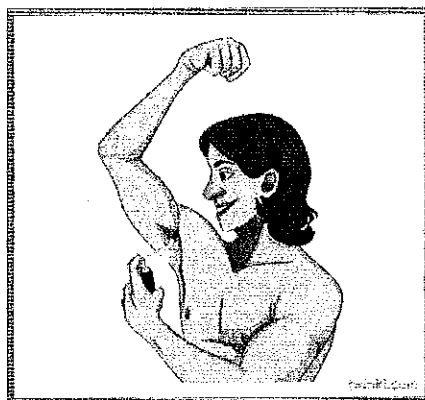
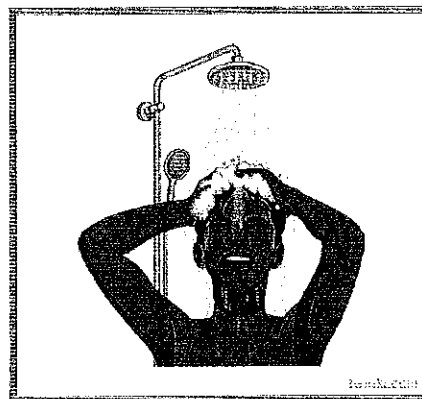
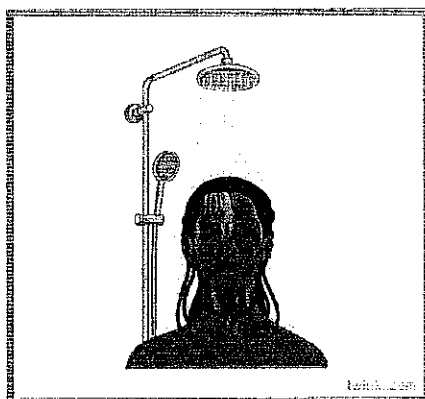
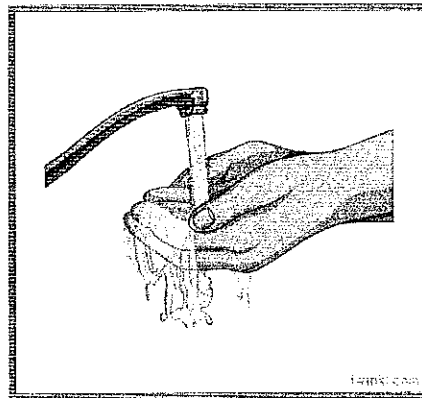
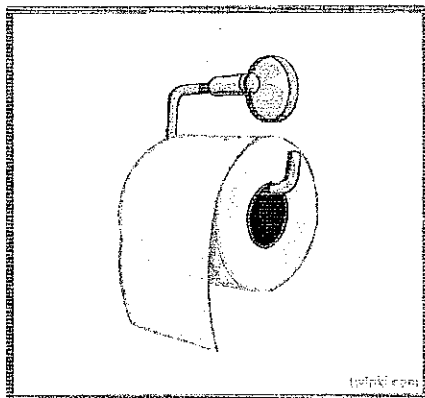
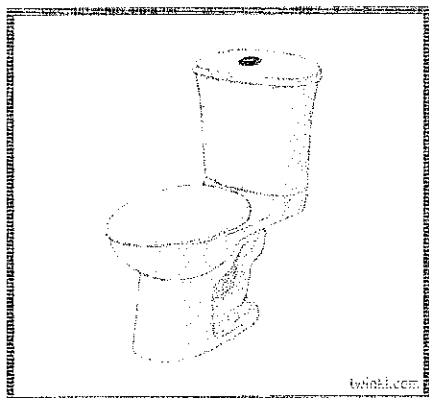
How many different types of exercise can you think of?

How does exercise affect our bodies?



Getting Ready in the Morning Sequencing

When you get up ready in the morning you need to do several things so that you are clean. Can you put these pictures in the correct order?



Getting Ready in the Morning Sequencing Grid

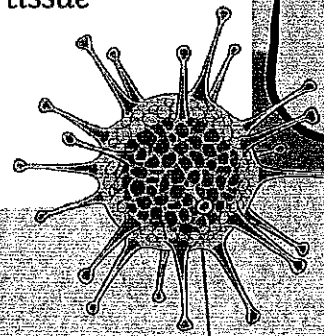
Personal Hygiene

v x f n r m a t k r g z
 p s c e x e r c i s e s
 s w u y e n e i g y h e
 z e d k t c x q d b n r
 b a t b c r r h b y d y
 y t x s i a e t u t s d
 a u i o i r v b g a b d
 g v x r e t f i u r s e
 e t s w a q n b t p q g
 r x o b a c t e r i a a
 m h s p x x p d d i e t
 s c o a t i s s u e f s

hygiene
 shower
 exercise
 sweat

puberty
 bacteria
 cavities
 dentist

germs
 tissue



Personal Hygiene

s p q h y g i e n e s b
 d s e n o m r o h w m p
 x e e s q d w l e w r u
 r s o i r y f a a u e b
 e u b d t x t o r e g e
 u u a s o i j d i x w r
 s a c u h r v m u e h t
 s z t y y o a a s r h y
 i k e i p z w n c c q l
 t v r g y y j e t i b g
 c s i p s r s z r s w n
 t k a x t s i t n e d i

hygiene

shower

exercise

sweat

puberty

bacteria

cavities

dentist

germs

tissue

hormones

deodorant

Personal Hygiene

e k b u t f n y x t i b p f t
 n m v y s e h d t i p k z x f
 e g i y l e w l u s i c y v c
 i e x t z r i w j s l s m r a
 g r c r s t a t l u h v u o c
 y m w e v n j l i e h o s g q
 h s l b i a u s z v d v w x s
 e a w u t r i t l o a g r e d
 x o h p b o l r s p h c s g r
 e v h x r d f s e i w v y p k
 r l f r j o e d m t t o h o d
 c h d t a e w s g r c n a r l
 i n f z r d v e h a e a e v p
 s o h o r m o n e s l g b d r
 e h r u y n c m o o p m a h s

hygiene
 shower
 exercise
 sweat
 puberty

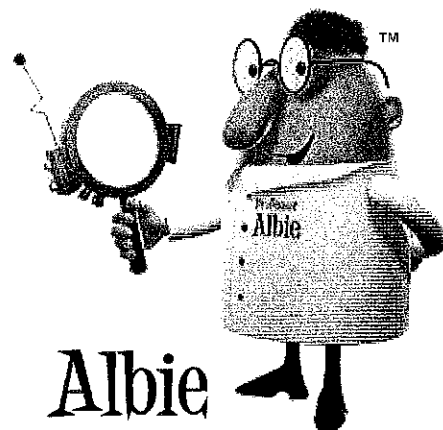
bacteria
 cavities
 dentist
 germs
 tissue

hormones
 deodorant
 shampoo
 odour

Marching Microbes QUIZ

For all of these questions, answer TRUE or FALSE

1. Microbes are the same thing as micro-organisms.
2. Bacteria and dirt are two types of microbes.
3. Microbes are never helpful and only ever make you unwell.
4. Protozoa is used to make bread rise.
5. Algae makes its own food and releases oxygen.
6. Some viruses can survive for up to 3 days on surfaces and objects.
7. Viruses cause the flu, chicken pox and colds.
8. When microbes are passed onto another person or object, none is left behind.
9. Sneezing, coughing, blowing your nose and using the toilet increase the microbes on your hands and the chance of spreading infection.
10. Cleaning your hands is one of the best ways to help stop infection from spreading.
11. It is ok to eat food that has fallen on the floor as long as you follow the '5 second rule'.
12. Rinsing your hands with cold water is just as good as cleaning them with warm water and soap.
13. It is important to clean between your fingers and clean your wrists when you clean your hands.
14. Drying your hands completely isn't really important.



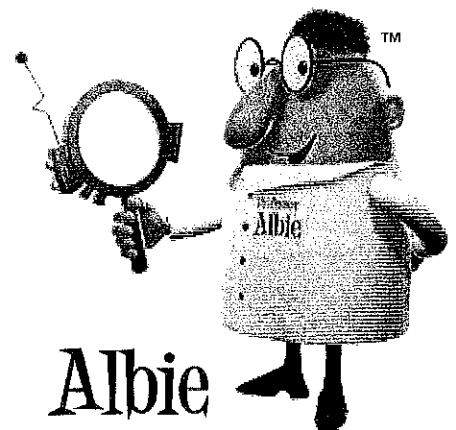
Albie
The Hygiene Expert

Answers: True: 1, 5, 6, 7, 9, 10, 13 False: 2, 3, 4, 8, 11, 12, 14

Travelling Germs QUIZ

For all of these questions, answer TRUE or FALSE

1. Germs are the same thing as microbes.
2. Bacteria and dirt are two types of microbes.
3. Bacteria are never helpful and only ever make you unwell.
4. Some viruses can survive for up to 3 days on surfaces and objects.
5. When infection is passed onto another person or object, none of it is left behind.
6. Sneezing, coughing, blowing your nose and using the toilet increase the chance of spreading infection.
7. Cleaning your hands is one of the best ways to help stop infection from spreading.
8. Rinsing your hands with cold water is just as good as washing them with warm water and soap.
9. It is important to clean between your fingers and clean your wrists when you wash your hands.
10. Drying your hands completely isn't really important.



Albie
The Hygiene Expert

Answers: True: 1, 4, 6, 7, 9 False: 2, 3, 5, 8, 10

PSE 5800 Worksheet

Unit 6 Healthy Lifestyles

Entry 2 (HLSE2)

Student name	Student number			
Centre name	Centre number			

Notes to teachers and students

This worksheet is for the amended PSE 5800 specification for teaching from September 2017.

If any of the Learning Outcomes and Assessment Criteria has been amended, the changes will be listed here:

- Learning Outcomes amended: none
- Assessment Criteria amended: 3.1 and 3.2

This document has been created in Word to enable users to expand the text boxes.



All images © Thinkstock

Student name:	Date:
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Entry 2 (HLSE2)

Teacher checklist

Learning Outcomes		Assessment Criteria		Achieved Yes / No (date)
The learner will:		The learner can:		
1.	Know what is needed for a healthy body.	1.1	Communicate three things needed for a healthy body.	
		1.2	Identify three good eating habits.	
		1.3	Identify three physical activities which promote fitness.	
2.	Know about the importance of protection from the sun and how to achieve it.	2.1	Communicate one reason why protection from the sun is important.	
		2.2	Communicate two ways to achieve this.	
3.	Know about the roles of some given healthcare services.	3.1	Identify the roles of three given healthcare services.	
		3.2	Communicate the location of a local health facility.	

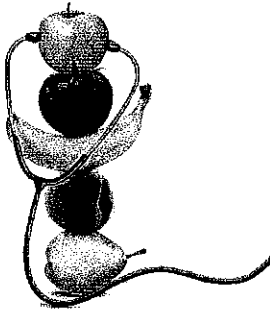
Student name:

Date:

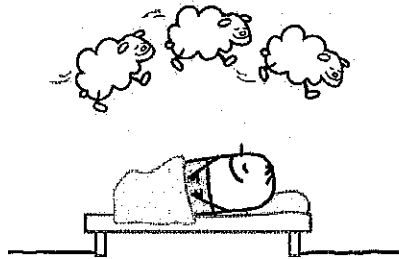
1.1

Communicate three things needed for a healthy body.

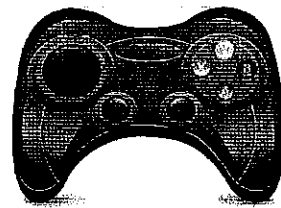
Circle three pictures that help you have a healthy body.



Eating a healthy diet



Getting a good night's sleep



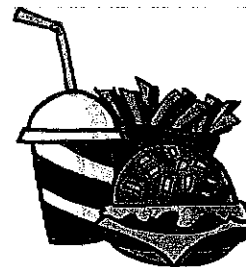
Playing computer games
all day



Exercising regularly



Drinking lots of fizzy drinks



Eating fast food

Student name:

Date:

1.2

Identify three good eating habits.

	Good eating habit	Poor eating habit
Eating lots of fruit and vegetables		
Eating lots of chocolate, cakes and biscuits		
Drinking a lot of fizzy drinks		
Drinking plenty of water		
Eating plenty of fibre		
Eating lots of food late at night		

Student name:

Date:

1.3

Identify three physical activities which promote fitness.

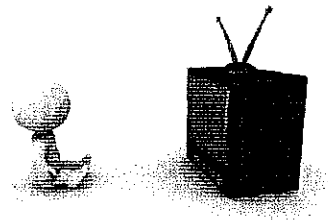
Circle three activities from the pictures below that will help you to stay fit.



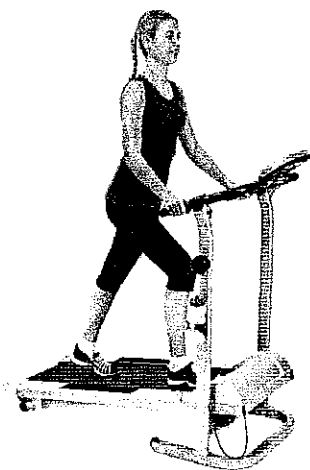
Going for a walk



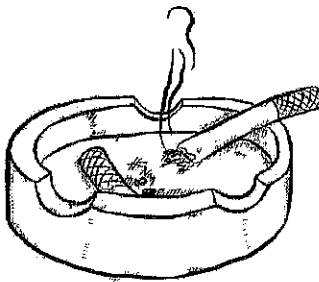
Drinking lots of alcohol



Watching TV



Visiting the gym



Smoking cigarettes

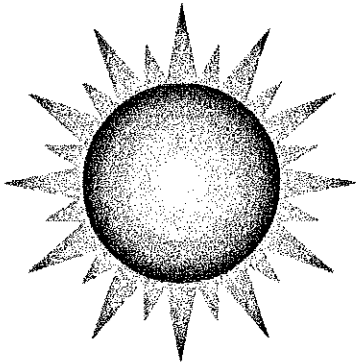


Playing football

Student name:	Date:
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2.1

Communicate one reason why protection from the sun is important.



Why do we need protection when we are in the sun?

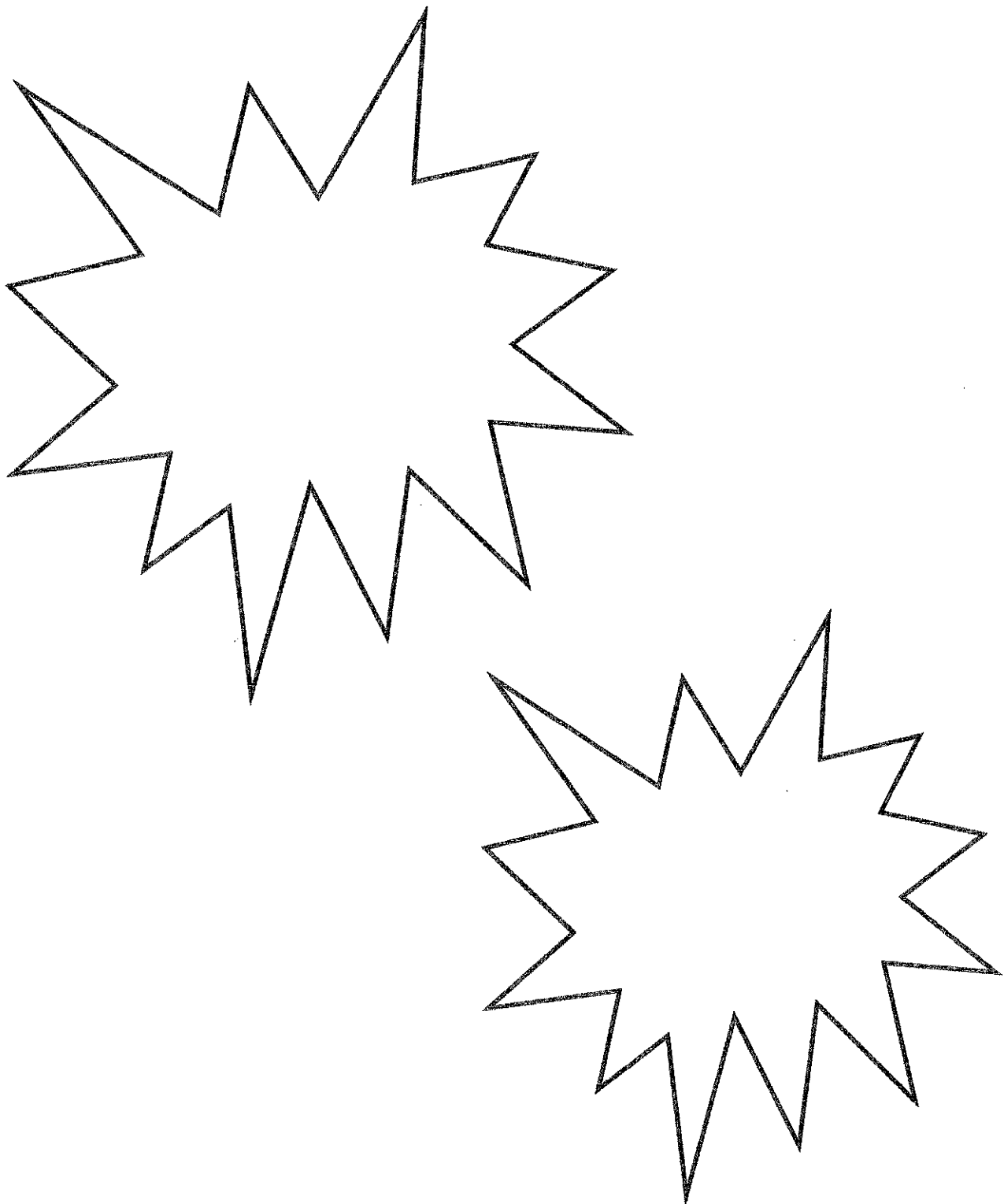
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Student name:	Date:
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2.2

Communicate two ways to achieve this.

Give two ways to protect ourselves from the sun.



Student name:	Date:
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3.1

Identify the roles of three given healthcare services.

Healthcare service	Why would you visit them?
1. Hospital	
2. Dentist	
3. Doctor	

3.2

Communicate the location of a local health facility.

The location of a local health facility is:

Teacher comments	
Signed	Date: