

**PSHRE Remote Learning Plan Summer Term 1**

*The focus of this half term is on personal wellbeing and physical health. All tasks are accessible and are to be completed on Doodle. You will also receive a workbook in the post to complete.*

<b>Work Due in:</b>	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>
<b>24<sup>th</sup> April</b>	<b>Dealing with bereavement</b> Work through the ppt's and take notes in your book. Then complete the interactive task.	<b>Dealing with bereavement</b> Work through the ppt's and take notes in your book. Then complete the interactive task.	<b>Dealing with bereavement</b> Work through the ppt's and take notes in your book. Then complete the interactive task.	<b>Dealing with bereavement</b> Work through the ppt's and take notes in your book. Then complete the interactive task.
<b>1<sup>st</sup> May</b>	<b>Healthy eating</b> Work through the ppt's on food groups and the importance of water. You will need to take notes in your book.	<b>Healthy eating</b> Work through the ppt's on food groups and the importance of water. You will need to take notes in your book.	<b>First Aid</b> Work through the ppt's on the recovery position, CPR and general first aid. You will need to take notes in your book.	<b>First Aid</b> Work through the ppt's on the recovery position, CPR and general first aid. You will need to take notes in your book.
<b>8<sup>th</sup> May</b>	<b>Vegetarianism</b> Work through the ppt's on vegetarianism and why people decide to become vegetarian. You will need to take notes in your book.	<b>Vegetarianism</b> Work through the ppt's on vegetarianism and why people decide to become vegetarian. You will need to take notes in your book.	<b>Healthy Living</b> Work through the ppt's on your five a day and maintaining a healthy weight. You will need to take notes in your book.	<b>Healthy Living</b> Work through the ppt's on your five a day and maintaining a healthy weight. You will need to take notes in your book.
<b>15<sup>th</sup> May</b>	<b>Healthy Living &amp; First Aid</b> Work through the ppt's on exercise, healthy weight and first aid. You will need to take notes in your book.	<b>Healthy Living &amp; First Aid</b> Work through the ppt's on exercise, healthy weight and first aid. You will need to take notes in your book.	<b>Living with and checking for Cancer</b> Work through the ppt's on cancer and checking for lumps. You will need to take notes in your book.	<b>Living with and checking for Cancer</b> Work through the ppt's on cancer and checking for lumps. You will need to take notes in your book.
<b>22<sup>nd</sup> May</b>	<b>Quiz week</b> Complete the three quizzes about physical health that will test your knowledge of the work you have completed over the last 5 weeks.	<b>Quiz week</b> Complete the three quizzes about physical health that will test your knowledge of the work you have completed over the last 5 weeks.	<b>Learning to learn</b> Work through the ppt's on different revision strategies and use this to help you with your remote learning tasks. You can use these to help prepare for your upcoming GCSE exams.	<b>Learning to learn</b> Work through the ppt's on different revision strategies and use this to help you with your remote learning tasks. You can use these to help prepare for your upcoming GCSE exams.

