

26th February – Afternoon Learning

11 February 2021 10:37

Welcome to Friday afternoon's learning.

In PSHE this half term, we will be thinking about keeping healthy.

Friday 26th February 2021

STEPS TO SUCCESS

I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart.

I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.

Unlock Questions

How was your first week back at school?

Smoking Quiz

Read the questions carefully and think about your answers

Healthy Me
Smoking Quiz Questions - Ages 9-10 - Piece 1

Our Team Name: <input style="width: 100%;" type="text"/>				
<i>Circle the answer you think is correct.</i>				
1	How many people in the world are estimated to die from smoking-related illnesses each year?			
	A. 500,000	B. 1 million	C. 3 million	D. 5 million
2	How many people in the world are estimated to die each year from breathing in second-hand smoke (passive smoking)?			
	A. 9,000	B. 90,000	C. 900,000	D. 9 million
3	True or false: Low tar cigarettes don't cause that much health damage			
	A. True		B. False	
4	What makes smoking addictive?			
	A. Taste	B. Nicotine	C. Tar	D. Wanting to look cool
5	Which of these chemicals does the average ashtray contain?			
	A. Arsenic	B. Nicotine	C. Ammonia	D. All of these

6	Which group smokes more: boys or girls?			
	A. Girls		B. Boys	
7	Which of these facts about E-cigarettes/ vaping are true?			
	A. Vaping contains fewer chemicals than tobacco	B. Vaping can still cause the body damage	C. Vaping is still addictive	D. All of these
8	True or false: Smoking only damages your health if you have been smoking for years			
	A. True		B. False	
9	Is the number of people who smoke, rising, falling or staying roughly the same each year?			
	A. Rising	B. Staying the same	C. Falling	
10	If we all know the dangers of cigarette smoking, why do young people start to smoke?			
	A. Because their parents smoke	B. Because they think it will help them stay slim	C. Because their friends smoke	D. Because they think they might try it and can easily give up when they want to

Here is a powerpoint for you to look at




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Now after viewing that, here is your challenge.

Tell Me/Show Me 

Create a list

How does smoking affect the body?

Look at the powerpoint



The Dangers of Smoking

Challenge

Create a poster explaining how smoking affects the body

Now for part 2 of our afternoon

Keeping Healthy

Write/draw 6 activities that you can do to keep healthy.

How many of those activities do you take part in?

A -

This half term, we will be staying fit and healthy with Joe.

Make some space and try to keep up with his workouts.



Challenge - if you are feeling very fit - try the workout, then rest for ten minutes and repeat the workout!

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

We hope that you have a good weekend.