



## Summer Term 2 Lesson 4

LO:

To explore how smoking, drugs and alcohol can affect our physical and mental health.



**Big Question:** Why do people feel they need to smoke, drink or even do drugs?

Date:

### 5 Minute starter



Can you unjumble the words to reveal different aspects of our health which can affect our self concept? (How we see ourselves)

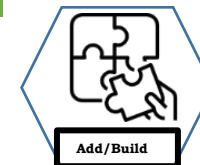
1. Plsyhiac health \_\_\_\_\_
2. Ililntentig health \_\_\_\_\_
3. Etnlaoimo health \_\_\_\_\_
4. Scliao health \_\_\_\_\_

**Word of the Week**  
*'Substance'*

### Word bank

Health  
Mental  
Physical  
Abuse  
Sleep  
Exercise  
Fatal

**Extension task:** Write down three to four questions that you would ask yourself about trying cigarettes, alcohol or even drugs.



**Behaviours:** Group discussion, debating, decision making, collaboration

**Big Question:** Why do people feel they need to smoke, drink or even do drugs?

5 Minute starter

*Answers.....*

1. Physical health
2. Intelligent health
3. Emotional health
4. Social health

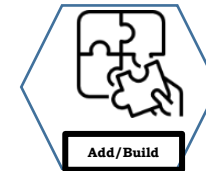
**Extension task:** Personal responses: What will it feel like? Will I die? How will my body react? Will I think rationally?

Date:

**Word of the Week**  
**'Substance'**

**Word bank**

Health  
Mental  
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**Behaviours:** Group discussion, debating, decision making, collaboration



## Task 1:

Write down 10 things you have done in the past 24 hours which could affect your physical health (long/short term).

For example:

Exercise – walking, cycling.



## Task 2:

Write down 10 things you have done in the past 24 hours which could affect your mental health (long/short term).

For example:

Read a book, relaxation exercise.

## Task 3:

Circle the things which you believe affect your physical health.

Balanced diet

Exercise

Learning

Sleep

Active lifestyle (*hobbies etc.*)



Being social (*spending time with friends and family*)

# Task 4:

Circle the things which you believe affect your mental health.

Balanced diet

Exercise

Learning

Sleep

Active lifestyle *(hobbies etc.)*

Being social *(spending time with friends and family)*





## Task 5:

Is there a link between our physical and mental health?

Research and write down your ideas.



# Task 6: Balanced diet.

## Match up the following.

1. Carbohydrate

2. Protein

3. Fat

4. Vitamins

5. Salts

6. Fibre

A) Gives us energy

B) Good ones keep us warm and give us good skin and hair

C) Are important for growth and development

D) Improves muscle health and strength

D) Helps to control our blood pressure but it can be bad for us if we have too much

E) Helps digestion





## Task 7:

Why is a balanced diet important for both our physical and mental health?

Research and write down what you find out.



# Alcohol – The Dangers

Watch the YouTube video clip relating to alcohol and the damage it can cause.

As you watch and observe, make important notes. These notes will be used in the final task.



<https://www.youtube.com/watch?v=Et9uWaspCAU>

# Drugs – The Dangers

Watch the YouTube video clip relating to drug use and the damage it can cause.

As you watch and observe, make important notes. These notes will be used in the final task.

<https://www.youtube.com/watch?v=b6Dte96WdqM>



# Tobacco – The Dangers

Watch the YouTube video clip relating to tobacco and smoking, and the damage it can cause.

As you watch and observe, make important notes. These notes will be used in the final task.

<https://www.youtube.com/watch?v=Y18Vz51Nkos>





## **Project assignment:**

Now that you have watched the videos on the dangers of using drugs, smoking and drinking alcohol, create a PowerPoint presentation highlighting those dangers.

### **Your presentation should include:**

1. the dangers of each substance
2. What the long and short term effect each substance will and can have on our health?
3. Remember to add pictures or video links in your presentation.