**Independent Home Learning**

Whilst you are unable to be learning in school, please complete the following online lessons provided by the Oak National Academy to all you to continue learning and making progress, provided you are well enough to do so. Completed work can be emailed to your class teacher for feedback.

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| Year Group: | 7 | Subject: | PSHE |

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| Lesson | Description and link |
| 1 | Committed, Stable Relationships  <https://classroom.thenational.academy/lessons/committed-stable-relationships-cmt6ac> |
| 2 | Healthy Lifestyles: Physical fitness and healthy eating  *Choose a lesson/lessons from this unit to help you to recap your prior learning on healthy lifestyles. There are 5 lessons to choose from – choose the one that you think will help your understanding the most.*  <https://classroom.thenational.academy/units/healthy-lifestyles-physical-fitness-and-healthy-eating-970b> |

Please remember, if you are ever concerned about anything that you see online, it is important that you speak to a trusted adult, such as a member of staff in school.

Equipment required:

* Laptop;
* Pen, pencil and paper;
* Purple pen for checking your work.

If you have any questions, please email your class teacher.

Head of Subject email: colmer-rachael@mayfield.portsmouth.sch.uk