

# KS4 Lifeskills Learning Organiser

Summer 1

## Healthy Lifestyles

Living a healthy lifestyle is important for teenagers because it helps you grow stronger, stay energised, and build habits that will benefit you for life.

### Balanced Nutrition

Eating a healthy, balanced diet provides your body with the fuel it needs to grow, think, and stay active. Here's what you should know:

- **Eat a Variety of Foods:** Your body needs different nutrients from a variety of food groups, including:
- **Fruits and Vegetables:** These are full of vitamins, minerals, and fibre. Try to eat a rainbow of different coloured fruits and vegetables every day.
- **Proteins:** Foods like chicken, fish, eggs, beans, and nuts help build and repair tissues, especially important as your body grows.
- **Whole Grains:** Brown rice, whole wheat bread, and oats are good sources of fibre, which helps digestion and keeps you full.
- **Dairy or Dairy Alternatives:** These provide calcium, which is important for strong bones and teeth. If you're lactose intolerant or vegan, there are plant-based options like almond or soy milk.
- **Healthy Fats:** Found in avocados, nuts, seeds, and fish, healthy fats are good for your brain and body development.
- **Limit Junk Food:** While it's okay to have treats occasionally, foods high in sugar, salt, and unhealthy fats (like soda, chips, or fast food) shouldn't be a regular part of your diet. These can lead to weight gain and other health problems over time.
- **Stay Hydrated:** Water is essential for your body to function well. Aim to drink about 6-8 glasses of water a day. Limit sugary drinks like soda and energy drinks, which can lead to weight gain and cavities.

### Physical Activity

Exercise is crucial for staying fit, building strength, and keeping your mind sharp. **Get Moving Every Day:** Try to get at least 60 minutes of moderate-to-vigorous physical activity each day.

**Limit Screen Time:** While it's fun to play video games or watch TV, too much screen time can lead to an inactive lifestyle. Try to balance screen time with physical activities like walking, hiking, or playing sports.

### Mental Health

Taking care of your mental health is just as important as your physical health. Looking after your mental health includes **managing stress, exercise, mindfulness and relaxation, talk about problems and worries, build healthy relationships, pursue hobbies and interests.** Have good sleep hygiene teenagers need more sleep than adults, typically 8 to 10 hours per night, to function well. Sleep is important for both your physical growth and mental well-being.

### Avoid Harmful Substances

It's important to understand the risks of certain behaviours and substances that can harm your health.

By focusing on these key aspects—balanced nutrition, staying active, caring for your mental health, getting enough sleep, avoiding harmful substances, and practicing self-care—you can develop a healthy lifestyle that will help you feel your best and prepare you for the future



### Word Bank

Healthy Lifestyle

Balanced

Nutrition

Physical activity

Mental health

Hydrated

Exercise

Harmful

substances

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## Summer 2 Leisure & Recreation

Leisure and recreation are essential parts of life, especially for teenagers. Engaging in leisure and recreational activities allows you to explore new interests, develop important life skills, and improve both your mental and physical health.

### Importance of Leisure and Recreation

**Relaxation acts as a Stress Relief** and improves your **Physical Health, Mental Health, Social Skills and Personal Growth**: Leisure time allows you to explore your interests and talents. Whether it's learning a new skill, practicing a hobby, or joining a team, recreation helps you grow as a person.

### Types of Leisure and Recreation Activities

Here are some examples of how you can spend your leisure time:

- **Sports and Physical Activities:** Whether it's playing soccer, basketball, swimming, or joining a dance class, physical activities are fun ways to stay fit and socialise with others.
- **Creative Activities:** Engage in arts and crafts, drawing, painting, photography, or writing. Creativity helps you express yourself and improves problem-solving skills.
- **Hobbies:** Hobbies are activities you do regularly for enjoyment. This could include things like:
  - **Reading:** Explore different books, comics, or articles that interest you.
  - **Gaming:** Video games can be a fun and interactive way to spend time, but make sure to balance it with other activities.
  - **Music:** Whether you play an instrument, sing, or just enjoy listening to music, it's a great way to relax and explore your interests.
  - **Gardening:** Taking care of plants or growing your own vegetables can be a rewarding and calming hobby.
  - **Social Activities:** Hanging out with friends, attending events, or joining clubs lets you bond with others who share your interests. Whether it's going to the movies, playing board games, or just spending time together, socializing is key to staying connected.
- **Outdoor Recreation:** Spending time outdoors is great for both your mind and body. Activities like hiking, camping, or biking allow you to explore nature, enjoy fresh air, and stay physically active.

### Balancing Leisure with Responsibilities

While leisure and recreation are important, it's also essential to find a balance between fun and your responsibilities (like school-work and chores). Here's how to maintain that balance:

- **Time Management:** Plan your day so you have time for school, homework, and household tasks, while still leaving room for leisure. You can create a schedule that includes dedicated time for relaxation and recreation.
- **Prioritise:** Take care of your most important tasks first (like studying for a test or finishing homework), then reward yourself with fun activities.
- **Avoid Overdoing It:** It's easy to get caught up in leisure activities like playing video games or scrolling on social media, but too much can interfere with your responsibilities and sleep. Make sure you're not neglecting school or other obligations.

Leisure and recreation are crucial for your development, health, and happiness. They provide balance, allowing you to relax, have fun, and learn new things, while also improving your social and emotional well-being. By exploring different activities, staying active, and finding what you enjoy, you'll create a healthy, balanced lifestyle that supports both your responsibilities and your need for fun and relaxation.



### Word Bank

Leisure  
Recreation  
Balance  
Hobbies  
Clubs  
Physical  
Mental  
Health