

Y7: Healthy Lifestyles – Spring 2



What are the benefits of physical activity?	How can I manage my personal hygiene?	What are the physical changes of puberty?	What happens during menstruation?	How might people feel during puberty?
<p>Physical Activity is: “any bodily movement produced by skeletal muscles that requires energy expenditure”</p>	<p>Why is it important to keep clean?</p> <ul style="list-style-type: none"> Many species of bacteria live on our skin most bacteria are good for us – they work to get rid of ‘bad’ bacteria or break down oils from the skin The balance of ‘good’ and ‘bad’ bacteria on our skin can be disrupted if we do not wash enough 		<p>Menstruation begins in females as they go through the process of puberty.</p> <p>The average menstrual cycle lasts 28 days, but it can vary from 21 to 38 days or longer, especially for teenagers and older women.</p>	<p>Common emotional impacts due to puberty:</p> <ul style="list-style-type: none"> mood swings wanting more privacy feeling self-conscious changes in relationships engaging in risky behaviour developing romantic feelings wanting greater independence greater awareness of social pressures
<p>Intentional exercise – deliberately finding time to improve or maintain strength, flexibility or fitness.</p> <p>Incidental exercise - other movements which we undertake as part of our normal daily routine</p>	<p>Activities essential for managing personal hygiene include:</p> <ul style="list-style-type: none"> Showering (once/day) Washing hair (every 2/3 days) Shaving face/body (every ½ days) Wearing deodorant (apply daily) Trim nails (approx. every 2 weeks) Clean your ears (approx. every 2 weeks) Brush teeth (twice/day) 		<p>The Menstrual cycle:</p> <p>Days 1-5 – Menstruation: <i>Period occurs as the lining of the uterus leaves the body through the vagina</i></p> <p>Days 6-12 – Maturing of egg: <i>The lining of the uterus begins to thicken again</i></p> <p>Days 13-15 – ovulation: <i>An egg cell is released from an ovary</i></p> <p>Days 16-28 – Unfertilised egg: <i>If the egg does not meet sperm in the fallopian tube, the lining of the uterus starts to break down</i></p>	
<p>Young people should engage in moderate-to-vigorous physical activity for “an average of at least 60 minutes per day”.</p> <p>Adults should complete 150 minutes per week of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity.</p> <p>This should include “a variety of types and intensities of physical activity across the week to develop movement skills, muscular fitness, and bone strength.”</p>		<p>Physical changes in puberty –</p> <p>Females: Period starts, hips widen, eggs mature, breasts grow, nipples become fuller/darker</p> <p>Males: voice deepens, shoulders widen, sperm starts being produced, hair on face grows</p> <p>Both: Mood changes, genital & underarm hair grows, spots appear, body changes shape & size, sexual feelings may begin</p>	<p>Sanitary products are used to aid personal hygiene during periods.</p> <p>Popular methods include: tampons, sanitary towels and moon cups.</p>	