

**By the end of Autumn 1 you will know:**

Define the term genetic inheritance.

Give two examples of genetically inherited diseases.

Give two effects of Cystic Fibrosis. Match each effect to one of the PIES.

Define the term predisposition.

Explain the difference between acute and chronic ill health.

Define what is meant by short term.

Define what is meant by long term.

Give three examples of acute ill health.

Give three examples of chronic ill health.

Define the term balanced diet.

Give two effects of eating a healthy balanced diet.

Give two effects of eating an unhealthy diet.

Give one example of a government initiative in place to encourage eating a healthy balanced diet.

What are the 5 main food groups that make up a healthy balanced diet.

Give two benefits of exercising regularly.

Give two effects of not exercising regularly.

Define the term binge drinking.

Give two effects of drinking alcohol.

Give two effects of smoking.

Define the term prescribed drugs.

Give two effects of taking illegal drugs.

Give three ways that bacteria can travel.

Give two conditions caused by bacteria from poor personal hygiene.

Give a positive definition of health.

Give a negative definition of health.

What is the holistic definition of health and wellbeing.

What aspects make up an holistic approach to health and wellbeing?

What does PIES stand for?

Outline the 6 life stages that we pass through including the age ranges for each.

Define the term milestone.

Give two examples of what supportive relationships can provide.

Give two examples of what unsupportive relationships can provide.

Define the term social isolation.

Give one example of how retirement can effect social development.

Give three short-term effects of stress.

Give three long-term effects of stress.

Give two effects of adrenaline on our bodies.

Give one way in which culture effects someone's willingness to seek help or access services.

Give one way in which gender effects someone's willingness to seek help or access services.

Explain why someone with a better education is more likely to seek help and access services.

**By the end of Autumn 2 you will know:**

***All previously taught content for Component 2***