

Summer 1 - We show respect!

Mental Fitness:

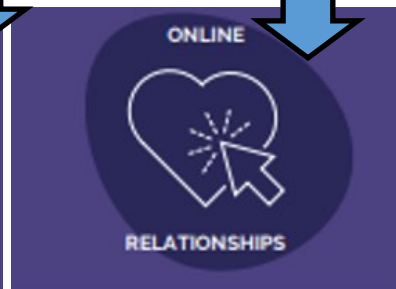
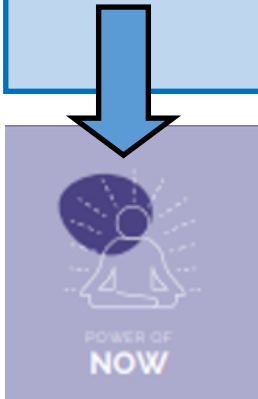
Power of Now

Social Fitness:

Respectful Relationships
Online Relationships

Physical Fitness:

Drugs, Alcohol, Smoking
and Vaping)



Themes:

presence,
alert,
mutual respect, respectful,
online respect, cyberbullying, abuse,
upstander,
addiction, dopamine,
law

Personal Attributes:

sense of justice,
courage,
honesty,
self-control

This terms end goals



MENTAL FITNESS

To know that our mind is powerful and we need to build the power of now to live our one life really well.

Know how to breathe to calm our bodies and minds



SOCIAL FITNESS

Know and use please, thank you, excuse me and show respect to all adults.

Know practical ways to develop respectful relationships.

Know how to be respectful with face-to-face and online relationships, including cyberbullying.



PHYSICAL FITNESS

Know some basic facts about addiction and hormones so they can make better decisions in the future.

We only get one life, so let's learn how to live it well!