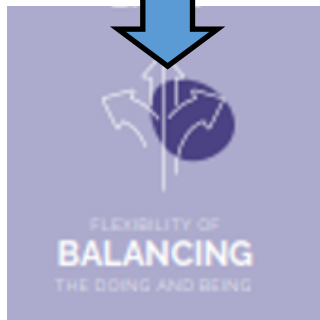


Summer 2 - We are ready and fit for our future!

Mental Fitness:

Flexibility of balancing
doing and being



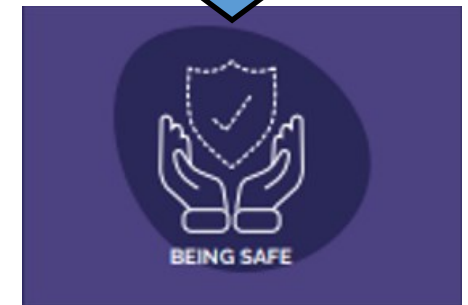
Physical Fitness:

Physical Health and Fitness
Health and Prevention



Social Fitness:

Personal Safety



Themes:

balance,
self-care,
hygiene,
habits,
water code,
obesity

Personal Attributes:

confidence,
ambition,
modesty,
humility,
integrity

This terms end goals



MENTAL FITNESS

To know that I can't always be doing.

Know that we need to make time just to be. This balance is important in our one life.



SOCIAL FITNESS

Know about personal safety on roads, railways and in the water, including the water safety code.

Know about risk-taking behaviours and peer influences.



PHYSICAL FITNESS

Know how to keep their bodies healthy and safe through self-care, exercise and prevention methods (teeth, skin and hygiene).

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