Plan for the Year

Subject: Healthy Life

Class: KS3

Teachers: SHO & LGA

2026-2027

Week	Week Commencing	SoW/Topics/Lesson Title	Qualification Link
1	21/08/26		**75870 Life skills: Healthy eating Level: Level One** **79196 Food groups and healthy eating Level: Entry Level** **126638 Understanding the eatwell guide food groups, with support Level: Entry Level** **129362 Health, fitness and wellbeing (unit 3): Energy use, diet, nutrition and hydration Level: Level One** **121469 Sports science (unit 3): How nutrition improves performance Level: Level Two** **75967 Nutrition in football Level: Entry Level**
2	07/09/26	Prior Knowledge Assessment	
3	14/09/26	The role of Carbohydrates in food on exercise and your body	
4	21/09/26	The role of Proteins in food on exercise and your body	
5	28/09/26	The role of Proteins in food on exercise and your body	
6	05/10/26	The role of saturated fats in food on exercise and your body	
7	12/10/26	The role of unsaturated fats in food on exercise and your body	
8	19/10/26	The role of fibre in food on exercise and your body	
	26/10/26		
9	02/11/26	The role of nutrients in food on exercise and your body	
10	09/11/26	The role of hydration in food/drink on exercise and your body	
11	16/11/26	The role of hydration in food/drink on exercise and your body	
12	23/11/26	The role of dairy in food on exercise and your body	
13	30/11/26	Assessment	