

AQA- GCSE- SOW

Theme: People and Lifestyle

**Topic 2: Healthy Living and Lifestyle**  
**(La santé et le mode de vie)**

Sections	content	Grammar	Phonics
<b>A: I am hurt</b> <i>(J'ai mal)</i>	Face and body parts Say where you are hurt Describe symptoms Illnesses and injuries	<ul style="list-style-type: none"> <li>• Prep. à + article → j'ai mal à</li> <li>• Regular verbs in the present tense</li> <li>• Plural nouns</li> </ul>	<ul style="list-style-type: none"> <li>• Revision è/ ê/ ai</li> <li>• é/ er/ ez <i>(épaule, casser, nez)</i></li> </ul>
<b>B: Healthy or unhealthy?</b> <i>(Sain ou malsain?)</i>	Food and drinks Diet preferences Good Vs bad diet Attitudes towards fast-food and cooking Smoking, drugs and alcohol	<ul style="list-style-type: none"> <li>• Prep. de + article → manger de</li> <li>• Irregular verbs in the present tense: revision of avoir, être and aller</li> <li>• Other irregular verbs: boire, faire</li> <li>• Revision of negation</li> </ul>	<ul style="list-style-type: none"> <li>• ou <i>(course, choux)</i></li> <li>• u <i>(fumer, prune)</i></li> </ul>
<b>C: My well-being</b> <i>(Ma santé)</i>	Physical well-being Mental well-being How to achieve well-being My routine	<ul style="list-style-type: none"> <li>• Common irregular verbs in the present tense: vouloir, pouvoir, devoir + dormir, courir</li> <li>• Revision of reflexive verbs in the present</li> <li>• Pour + inf.</li> </ul>	<ul style="list-style-type: none"> <li>• on/ om <i>(on peut/ doit)</i></li> <li>• in/ ain/ im/ aim <i>(matin, pain, important, faim)</i></li> </ul>
<b>D: Lifestyle choices</b> <i>(L'hygiène de vie)</i>	Why stay healthy ? Consequences of not being healthy Past lifestyle Future intentions	<ul style="list-style-type: none"> <li>• Perfect tense of regular verbs</li> <li>• Basic imperfect tense phrases</li> <li>• Adverbs and position</li> <li>• Revision of near future</li> <li>• Impersonal verbs</li> <li>• Imperative with tu</li> </ul>	<ul style="list-style-type: none"> <li>• en/ an/ em/ am <i>(prendre, temps, avant)</i></li> <li>• revision nasal sounds: in/ on/ an</li> </ul>