

## ICT

- Mobile phone safety and impact on health
- Dangers and safe methods of using mobile phones
- Using Weebly to plan and design a healthy living web page

## PE

- Fitness components and testing methods
- Short and long term effects of exercise
- Planning and conducting fitness test
- Using the gym effectively- HIIT training/ measuring heart rates
- Kingsbury Water Park Orienteering
  - Volleyball and team sports

## ART

- 5 ways to Wellbeing: collaborative creation of 5 large pieces of artwork promoting healthy bodies and minds to showcase in corridors
- Y11 visit to Walsall Art Gallery

## FOOD

- Farm visit – see produce go from farm to shelf
- Healthy food choices and favourites
- Plate portions/ portion controlled meal plan
- Meat substitutes and alternatives
- Catering for special dietary requirements
- Reading and understanding food labels and content

## ENGLISH

- Conkers sensory garden/mud walk leading to descriptive writing
- Healthy minds- uses of diaries in the past and present
- Monologues and considering hidden thoughts and feelings
- Extracts from 'The Tulip Touch' - healthy and unhealthy friendships; understanding others

# Healthy Living

## OTHER ENRICHMENT OPPORTUNITIES

- Rosliston Forestry Centre
- Strawberry Picking at Manor Fruits Farm
- Zoo Lab visit
- Rounders/ cricket/ fitness at Tamworth Park
- Walking opportunities
- Fishing
- Y11 Careers and final destination discussion with Kelly and Entrust

## MATHS

- Ratio and Proportion using healthy recipes being used in Food lessons
- Designing a healthy meal/ BBQ/ party using pricing and measurements
- Healthy shopping (number, length, measures, weight)
- Fair Trade Project

## PERSONAL DEVELOPMENT

- Understanding self and the adolescent brain
- Resilience and the growth mind-set
- Building self-esteem and managing emotions

## PSHE

- Explanation of the NHS and facilities
- Making choices- body image, sleep, physical activities, diet...
- Mental health awareness and managing emotions
- Basic first aid training

## SCIENCE

- Balanced diets and making choices
- Lifestyle and exercise, Investigating pulse rates
- The effects of drugs and alcohol on the body
- Infectious Diseases/vaccination
- Medical drugs and impact on organs