

## **Health and Wellbeing Learning – Second Level – P7**

### **FREE TWINKLE ACCESS CODE: UKTWINKLEHELPS**

For any of the tasks below, Twinkl can be used alongside as an educational resource.

Access Yoga for Physical Activity –

[https://www.twinkl.co.uk/resource/t-t-2544133-self-esteem-yoga-poses-activity?sign\\_in=1](https://www.twinkl.co.uk/resource/t-t-2544133-self-esteem-yoga-poses-activity?sign_in=1)

### **Joe Wicks Intensity Workouts**

<https://www.youtube.com/watch?v=SbFqQarDM50>

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

### **Cosmic Yoga (mindfulness and stretches)**

<https://www.youtube.com/user/CosmicKidsYoga>

Joe Wicks daily workouts! Link below to his channel for this.



**The Body Coach**

32 mins · 🌐



😊 PE WITH JOE starting Monday morning at 9am on my YOUTUBE channel: The Body Coach TV 📺 I'm going to be the Nations PE teacher everyday Monday to Friday at 9am. Please please share this with as many people as you can ❤️ Our kids need this more than ever. Share it on your stories, your wall, your Twitter, whatsapp and school newsletters. Thank you 🙏 #PEwithJoe



<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>



# KINDNESS CALENDAR: DECEMBER 2019



## SUNDAY

**1** Encourage kindness. Share the Kindness Calendar with others

**8** Do something helpful for a friend or family member

**15** Visit an elderly neighbour and brighten up their day

**22** Invite over someone who would otherwise be alone

**29** Turn off digital devices and really listen to people

## MONDAY

**2** Support a charity, cause or campaign you really care about

**9** Be generous. Feed someone with food, love or kindness today

**16** Look for something positive to say to everyone you meet today

**23** Choose to give or receive the gift of forgiveness

**30** Let someone know how much you appreciated their gift

## TUESDAY

**3** Give kind comments to as many people as possible today

**10** Count your blessings: list the kind things others have done for you

**17** Thank people who do things for you but you may take for granted

**24** Offer spontaneous hugs to your loved ones and friends

**31** Plan what extra acts of kindness you will do in 2020...

## WEDNESDAY

**4** Listen wholeheartedly to others without judging them

**11** Give someone your place in a queue (in traffic or in a shop)

**18** Offer to help someone who is facing difficulties at the moment

**25** Treat everyone with kindness today, including yourself!

## THURSDAY

**5** Leave a positive message for someone else to find

**12** See how many different people you can smile at today

**19** Give away something that you have been holding on to

**26** Encourage others to join you outside and enjoy time in nature

## FRIDAY

**6** Notice when you're hard on yourself or others and be kind instead

**13** Buy some extra items and donate them to a local food bank

**20** Congratulate someone for an achievement that may go unnoticed

**27** Call a relative who is far away to say hello and have a chat

## SATURDAY

**7** Make gifts to give to people who are homeless or feeling lonely

**14** Share a happy memory or inspiring thought with a loved one

**21** Shop locally and support independent producers

**28** Be kind to the planet. Eat less meat and use less energy

**"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu**



**ACTION FOR HAPPINESS**

**#DoGoodDecember**

[www.actionforhappiness.org](http://www.actionforhappiness.org)

Your happiness is part of something bigger  Join the movement for a happier and kinder world



## WELCOME TO NANDO'S FITNESS!

You will build your own circuit.  
 You must choose **8 exercises** that you will perform.  
 At least **2** of the exercises must have '**Extra Hot**' Sauce on them!



**Place your order on a sheet of paper or board.**  
**Take your stopwatch, whiteboard and pen with you.**  
**Try use a soft surface for the exercises.**

35 seconds burpees 20 seconds rest 45 seconds burpees	35 seconds squat jumps 20 seconds rest 45 seconds squat jumps	35 seconds mountain climbers 20 seconds rest 45 seconds mountain climbers	35 seconds press ups 20 seconds rest 45 seconds press ups
30 seconds star jumps 30 seconds rest 45 seconds star jumps	30 seconds step ups 30 seconds rest 45 seconds step ups	30 seconds high knees 30 seconds rest 45 seconds high knees	30 seconds tricep dips 30 seconds rest 45 seconds tricep dips
30 seconds lunges 30 seconds rest 30 seconds lunges	30 seconds sit ups 30 seconds rest 30 second sit ups	30 seconds skipping 30 second rest 30 seconds skipping	30 seconds tuck jumps 30 seconds rest 30 seconds tuck jumps
20 seconds plank 30 seconds rest 30 seconds plank	20 seconds wall sit 30 seconds rest 30 seconds wall sit	20 seconds press-up hold 30 seconds rest 30 seconds press-up hold	20 seconds cobra 30 seconds rest 30 seconds cobra

### **Diary Time –**

This is a historic period of time for us. We look back in history at other people's diaries from moments in history and how they felt during this time.

I would like you to keep a personal diary on what is going on in your life every day. Using all the skills you have used in literacy this year to document your daily work including exercise and school work.

Keep a note at the back of your jotter that you have been given. Date each day so that you can keep track.

### **Lesson 1-**

Learning Intention: We are learning to distinguish good table manners for different social situations

Children should write down a list of table manners that they think should be abided by for:

- Lunch at school with friends
- Dinner at the family table
- Eating out a restaurant

Many of these will overlap but let's see if children can recognise some differences between manners for these social situations.

### **Lesson 2-**

Learning Intention: We are learning to describe foods using our sensory descriptors.

Use whatever in the house that you feel is appropriate for this.

Fruit, vegetables, dairy products can be very useful for this task as they have different textures, tastes and smells and appearance.

Cut up small pieces of the chosen foods and have children do sensory tests for the food.

### **Lesson 3 –**

Learning Intention: We are learning to identify and select food for a range of cultural and religious events.

#### **Part a)**

The given situation for today will be a wedding.

Discuss with pupils why certain foods like pizza, sandwiches, crisps, ice-cream would not be appropriate at a wedding. They should then research different food that would be appropriate for this social situation and make notes of these.

Part b) Children should do individual research with the aim to find out what foods would be on offer at different cultural and religious events. Some examples can include;

- Bar/batmitzah
- Baptism
- Eid - Ramadan

### **Lesson 4-**

Food Tasting - For the food experience you can experiment with food tasting.

Have a look at these websites for healthy foods and snacks that children can try at home. We can link this learning to our literacy where children can write out the recipes.

<https://www.bbcgoodfood.com/recipes/collection/kids-cooking>

<https://www.bbcgoodfood.com/recipes/category/family-kids>

<https://www.bbcgoodfood.com/recipes/collection/kids-baking>

These websites are full of different recipes that can be attempted at home.

For baking and most of these recipes, measuring out ingredients is a fantastic way that children can apply their classroom learning to real life activities. Plus they can make some yummy treats using their technologies methods of peeling, slicing, mixing and spreading, washing, using a peeler, juicing, grating, cutting, simple knife skills (claw grip/bridge hold), weighing and measuring, kneading, chopping, baking and grilling.

## **Lesson 5:**

### **Developing Healthy Choices:**

Children should do participate in individual research and look at the different food groups and the percentage that each food group contributes to a healthy eating plan. The food groups are

- Fruits & vegetables
- Grains
- Proteins
- Carbohydrates
- Dairy products

## Lesson 6-

Learning Intention: We are learning to create a composite dish.

Children should then **select** and **prepare** ingredients to **create** a composite dish that includes foods from more than one group. **Identify** the main food groups included in the dish. Examples of dishes that can be created are:

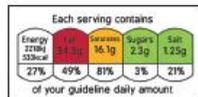
- Lasagne
- Chicken stir fry.
- Halloumi Traybake
- Pitta Pizzas
- Stuffed Peppers

## Lesson 7 – Nutritional Labels

Learning Intention: To be able to identify nutritional information on labels.

### Food Labels Hunt

Have you ever noticed the traffic light systems on the front of food packages?



These labels are supposed to help us make healthy choices.

Investigate some food labels and record the information they give you below.

Pupils have done some work already about the importance of reading labels on food items. Have a look at the food and drink in your fridge and cupboards and select the ones that have a traffic light system (see below). Identify the nutritional information and use your prior knowledge to determine whether or not it is a healthy choice. Complete the worksheet below and remember to justify your answer.

Name of food: \_\_\_\_\_

Each serving contains				
Energy	Fat	Saturated	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

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Name of food: \_\_\_\_\_

Each serving contains				
Energy	Fat	Saturated	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

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Name of food: \_\_\_\_\_

Each serving contains				
Energy	Fat	Saturated	Sugars	Salt
%	%	%	%	%

of your guideline daily amount

In your opinion, is this a healthy choice? Why?

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### **Lesson 8-**

Learning Intention: We are learning how to stay safe online.

Research how to stay safe when you are online. Create an informational poster.

### **Lesson 9-**

Learning Intention: We are learning how to create a safe and secure password for staying safe online.

It is important that passwords are safe and are never shared with anyone outside your family. Think about what makes a good password and complete this worksheet -

# Perfect Passwords

I can use technology safely, respectfully and responsibly.

Being safe online is very important. Lots of websites ask you to set up a password.

What makes a good password?

- Include numbers, letters and symbols.
- Use at least one capital letter.
- Make it something that you will remember but others cannot guess.
- Make it at least 8 characters long.
- Never use obvious names or dates.
- Don't share your password with friends.



Ella is 9. She goes to Longmead Primary School. She lives at 9 Brook Close. She enjoys playing football and netball. Her favourite team is Arsenal. At home she has two dogs called Charlie and Chimp.

Ella's perfect password:



Mia is 13 and attends Brixbay Secondary School in Devon. She makes jewellery and likes knitting and sewing. She likes shopping with her friends at the weekend. She has a grey cat called Pixie.

Mia's perfect password:



Amir is 10. His birthday is in March. He goes to Fairfield Junior School in Leeds. He belongs to Fairfield Athletic Club and is very good at long jump. His favourite colour is blue. He lives with his two brothers.

Amir's perfect password:

What about you? What would your perfect password look like? Follow the rules to create your own strong password. Enter it into a password checker website and see how strong your password is. Remember, don't tell anyone your idea for a password!

[Empty text box for creating a password]

## **Lesson 10-**

Learning Intention: We are learning how to present information creatively about staying safe online.

Write a rap or song about staying safe when you are online. Perform this to your family or friends. You could even take a video and post it on SeeSaw! 😊