



Module : Healthy Lifestyle Workshops

Aims

- To help children understand the benefits of living a healthy lifestyle
- To understand the relationship between exercise and a healthy mind and body
- To help children recognise the importance of a healthy diet and how to make the right food choices
- To show children how they can integrate physical activity into their daily lifestyle
- To be aware of the benefits of a healthy body and mind
- To appreciate how physical activities and exercise can raise mood, performance and achievement
- To encourage children to want to exercise because it's fun and makes them feel better
- To establish habits of exercise in childhood that can last a lifetime
- To learn about jobs in the fitness industry

The Programme

A one hour a week programme over four consecutive weeks. Details are as follows:

Week 1

Gives children an introduction and overview of health, fitness, exercise and diet including question and answer sessions to measure their current levels of knowledge.

Week 2

Children learn about the body and how it works. How the body needs to be looked after to keep it fit and strong and what difference this will make as they grow into adults.

Week 3

Children are engaged in a practical session, putting into practice all of the things they have learnt, including exercising sessions, measuring their heart rates and breathing, planning and eating lunch.

Week 4

Children learn about nutrition and diet and discover how the food they eat effects their energy levels now and long term health.

English	<p>Speaking and listening- Listening to an age-appropriate presentation on the importance of health, fitness, exercise and diet from an experienced fitness trainer. Posing questions about their learning Discussing their experiences. Voicing and justifying their opinions on fitness and exercise.</p> <p>Reading and writing- * Read about the fitness regimes of Olympians. *Write their own child friendly brochure on the value of a healthy lifestyle; adverts for healthy foods; report on their visits.</p>
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Mathematics	*Calculate calories used with certain exercises. Problem solving by calculating calorific intake with certain foods. Time certain activities. Calculate personal speed for running, skipping, walking given distances. Compare and contrast results.
Science	Healthy eating. Balanced diet and the nutrition of foods – proteins, fats, carbohydrates, sugars. The body and how it works.
Design and technology	Learning about nutrition and diet. Plan healthy meals. * Prepare and taste healthy snacks. Look at alternatives to unhealthy options.
Art and Design	* Plan and create posters for healthy eating, exercise, healthy living. Sketches of people- still life and action shots
Music	* Choosing music to inspire exercise.
Physical education	Exercising sessions, measuring heart rate and breathing. * Plan an exercise routine to fit to music.
Computing	* Research on athletes and their fitness regimes. Consider apps to aid in a healthy lifestyle.
PSCHE	Individual, pair and team activities. Impact of current lifestyle on future health. Importance of a healthy lifestyle and consequences.

- Suggested further activities