



Health & Wellbeing



Assessment Plan



Module title	Health & Wellbeing
Age Band	9-13 years
Guided Learning Hours	30
Number of Learning Outcomes to be Covered	10
Number of Sessions/ Hours per Session	10 sessions X 3 hours

Unit Purpose and Aims:

Expectations- Understand the importance of the key components of health and wellbeing.

Purpose- To create healthy habits that positively impact young people and their peers.

Impact- To improve the health and wellbeing of young people in communities across Northern Ireland.

Learning Outcomes	Assessment Criteria	Suggested Activities
<p>Module: Physical Activity Lesson Title 1: Get moving</p> <p>1 Understand the importance of movements and how this relates to participation in physical activity. 2 Develop knowledge of movements needed to participate in physical activity. 3 Engage in a variety of activities to enhance motor skills.</p>	<p>1.1 List two reasons why physical activity is important.</p> <p>1.2. Participants to engage in a reflective assessment where they will identify and explain two things that they will do more often to become more physically active.</p>	<p>Traffic light game that encourages young people to reflect on their levels of physical activity.</p> <p>Stuck in the mud to encourage movement patterns.</p> <p>Obstacle course to evaluate the motor skills of participants.</p>
<p>Module: Physical Activity Lesson Title 2: Combating Inactivity</p> <p>1 Progress from week 1 and reinforce the importance of physical activity 2 Detailed understanding into the consequences of inactivity 3 Identify and understand the barriers to participation in physical activity. 4 Young people to recognise and understand how to overcome these barriers.</p>	<p>To combat inactivity, participants must be able to identify barriers and understand how they can overcome this.</p> <p>2.1. Participants to identify one barrier to physical activity and provide a solution for overcoming this.</p>	<p>Reflective activity that involves young people critically thinking about the key barriers they experience to participation in physical activity.</p> <p>Compile a timeline of how society has changed and become more sedentary to highlight that we must allocate specific slots for physical activity.</p>

<p>Module: Social Wellbeing Lesson Title 3: Increasing Confidence 1 Understand the characteristics of confidence 2 Identify the factors that can increase or decrease confidence 3 Develop tools to increase your confidence</p>	<p>3.1. Young people to complete a journal entry on the importance of confidence and why it is needed.</p> <p>3.2. Identify one way to increase your confidence</p>	<p>Pass your image activity- this will encourage young people to receive complements of which they were unaware.</p> <p>Working as an individual or in small groups, work on a specific skill and demonstrate this to the group.</p>
<p>Module: Social Wellbeing Lesson Title 4: Positive Relationships 1 To explore what is meant by ‘relationship’ 2 To understand and explore different types of relationships 3 To learn how to build and maintain positive relationships</p>	<p>4.1. Identify one relationship you have in your life and explain why it is important.</p> <p>4.2. Explain why communication is important when building positive relationships.</p>	<p>Reflect on the relationships that are in your life.</p> <p>Minefield- this illustrates the importance of communication in a relationship.</p>
<p>Module: Social Wellbeing Lesson Title 5: Young People and the Internet 1 To understand the difference between social media and real-life relationships 2 To understand the positive and negative impacts of social media on relationships 3 To gain an understanding into how the media influences our relationships 4 To understand what controls are available and what can be used to safeguard yourself.</p>	<p>5.1. Case study to be complete that focuses on a young person spending too much time socialising online through games and disconnects from the real world.</p>	<p>Review case studies involved in the learning materials and discussed other examples the group may have.</p> <p>Group work to identify controls that can be used to safeguard online usage.</p>
<p>Module: Emotional Wellbeing Lesson Title 6: Understanding Emotions 1 Young people will identify a variety of good and not so good emotions and build a vocabulary to describe their feelings 2 Begin to recognise and manage the effects of strong feelings such as anger, sadness or loss 3 Understand what strategies are available when experiencing emotions.</p>	<p>6.1. Identify two strong emotions that you will experience and explain why these may occur.</p>	<p>Freeze frame- to tease out understanding of the big emotions, facilitator to shout out emotions and young people must imitate these.</p> <p>Musical chairs – use follow up questions outlined in the session plan.</p> <p>Creative arts- dice game.</p> <p>Discussion on the case study provided.</p>

<p>Module: Emotional wellbeing Lesson Title 7: Managing Emotions 1 Identify and understand that feelings can fluctuate quickly. 2 To understand that strong emotions can influence behaviour. 3 Identify and understand appropriate strategies that can be used to manage strong feelings and emotions.</p>	<p>This assessment is a follow up from the previous week.</p> <p>7.1. Using the two emotions identified above, explain what actions or strategy you will use to manage these emotions.</p>	<p>Graffiti wall</p> <p>Take 5 initiative tasks (slide 6)</p> <p>Arts activity- hot air balloon</p>
<p>Module: Emotional Wellbeing Lesson Title 8: Self Care 1 To understand the importance of hope when facing adversity and challenges. 2 To understand what self-care is and how we can apply the concept. 3 To identify and implement ways to inspire hope and practice self-care.</p>	<p>8.1. Based on learning from this session, explain how you will include more self-care practices into your daily schedule.</p> <p>I will include self-care into my daily routine by...</p>	<p>Marshmallow and pasta tower building activity</p> <p>Compassionate letter writing.</p> <p>Introduction and explanation on the 7-11 breathing technique.</p>
<p>Module: Healthy Eating Lesson Title 9: Eat Well Guide 1 To provide fundamental knowledge around the area of healthy eating. 2 To explore the barriers of healthy eating. 3 To build knowledge around the Eatwell guide. 4 Participants will be able to construct their own healthy eating action plan.</p>	<p>9.1. In the table below, list the five main food groups outlined in the Eatwell Guide.</p> <p>9.2. How many glasses of water should you aim to drink each day?</p>	<p>View the video in the session plan and probe the group with follow up questions.</p> <p>Fit your own food consumption into the Eatwell guide template.</p> <p>Reflective task- create an individual action plan on what can be done to make your diet better align with the Eatwell guide.</p>
<p>Module: Healthy eating Lesson Title 10: Re-think your Drink 1 To understand the dangers associated sugary drinks 2 To understand the benefits of drinking water 3 Participants to develop strategies to replace fizzy drinks with water</p>	<p>10.1. Explain why it is important to drink water</p> <p>10.2. Select a drink for each colour in the traffic light system.</p>	<p>Rate the sugar levels- what has more.</p> <p>Sugar cubes game- allocate the amount of sugar cubes that you believe are incorporated in each drink displayed.</p> <p>Water consumption activity.</p>