



*My
Health and
Well-Being
Journal*



HEALTHY BODY. HEALTHY MIND. HAPPY LIFE



HEALTHY BODY

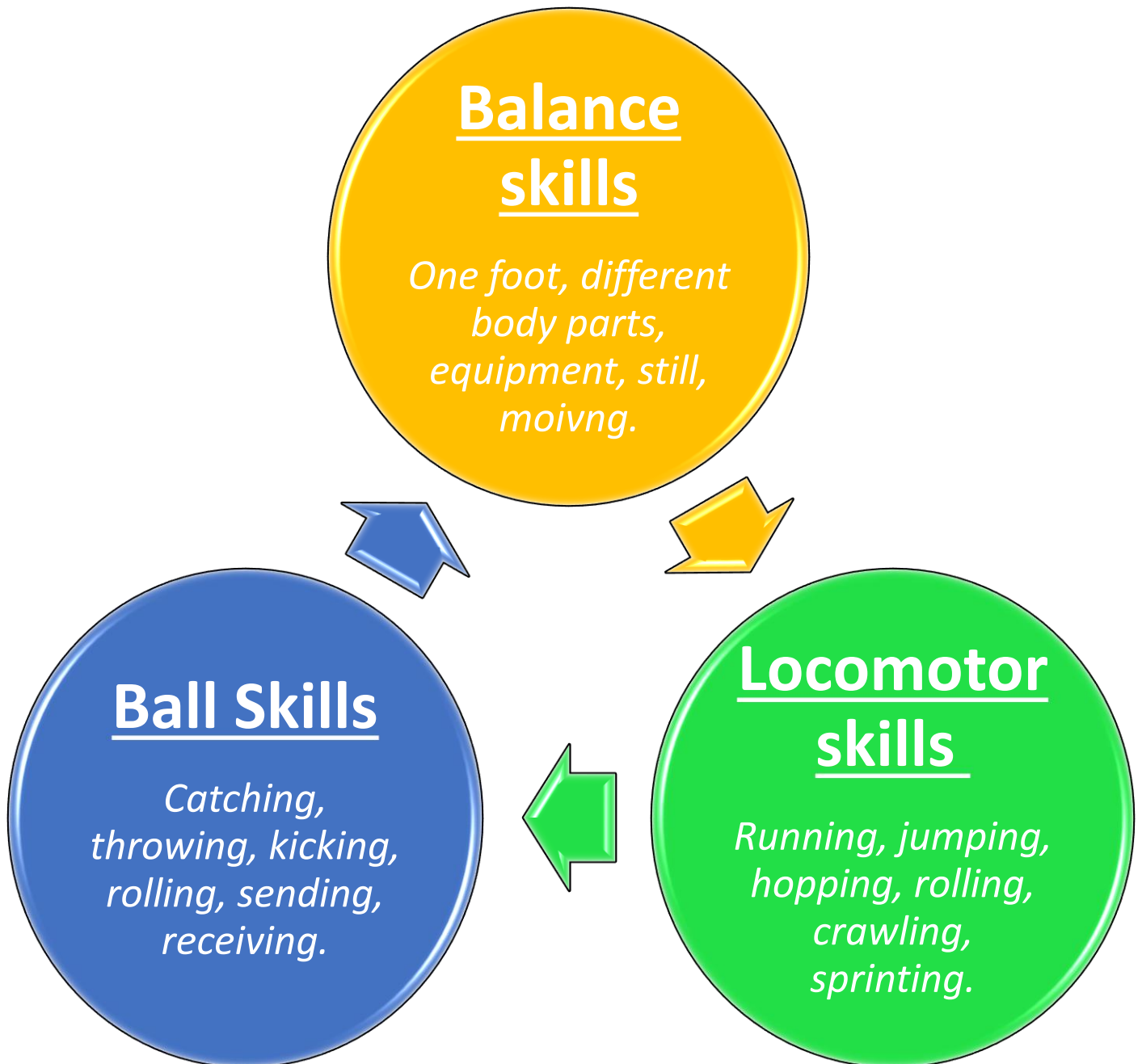


DEVELOP YOUR FITNESS!

FITNESS	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Agility: show balance when changing direction.</p> <p>Balance: explore more complex activities which challenge balance.</p> <p>Co-ordination: co-ordinate my body with increased consistency in a variety of activities.</p> <p>Speed: explore sprinting technique.</p> <p>Strength: explore building strength in different muscle groups.</p> <p>Stamina: explore using my breath to increase my ability to work for longer periods of time.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Agility: understand how agility helps us with everyday tasks.</p> <p>Balance: understand how balance helps us with everyday tasks.</p> <p>Co-ordination: understand how co-ordination helps us with everyday tasks.</p> <p>Speed: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>Strength: know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>Stamina: understand how stamina helps us in other life activities.</p>	



DEVELOP YOUR FUNDAMENTALS!



FUNDAMENTALS	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Running: change direction. Show an increase and decrease in speed.</p> <p>Balancing: demonstrate balance when performing other fundamental skills.</p> <p>Jumping and hopping: link jumping and hopping actions.</p> <p>Skipping: jump and turn a skipping rope.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Running: understand that leaning slightly forwards helps to increase speed (acceleration). Leaning my body in the opposite direction to travel helps to slow down (deceleration). Understand how agility helps us with everyday tasks.</p> <p>Balancing: understand how balance helps us with everyday tasks.</p> <p>Jumping and hopping: know that if I jump and land in quick succession, momentum will help me to jump further.</p> <p>Skipping: understand that I should turn the rope from my wrists with wide hands to create a gap to step through.</p>	

BALL SKILLS	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Sending: send a ball with accuracy and increasing consistency to a target.</p> <p>Catching: catch a range of objects with increasing consistency.</p> <p>Tracking: track a ball not sent directly.</p> <p>Dribbling: dribble a ball with hands and feet with control.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Sending: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>Catching: know to move my feet to the ball.</p> <p>Tracking: know that using a ready position will help me to react to the ball.</p> <p>Dribbling: know that dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>	

Give sweets the boot



and eat lots of fruit!

No one else is responsible for you,



if you want a healthy life you know exactly what to do!

<p style="text-align: center;">INVASION GAMES (invasion, handball, netball, basketball, football, tag rugby and hockey)</p>	<p style="text-align: center;"><i>Date Achieved</i></p>
<p style="text-align: center;"><u>SKILLS</u></p> <p>Sending & receiving: explore s&r abiding by the rules of the game.</p> <p>Dribbling: explore dribbling the ball abiding by the rules of the game under some pressure.</p> <p>Space: develop using space as a team.</p> <p>Attacking: develop movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p> <p>Defending: develop tracking opponents to limit their scoring opportunities.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Sending & receiving: know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately.</p> <p>Dribbling: know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders.</p> <p>Space: know that by spreading out as a team we move the defenders away from each other.</p> <p>Attacking and defending: know my role as an attacker and defender.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession.</p> <p>Rules: know the rules of the game and begin to apply them.</p>	

<p style="text-align: center;">NET AND WALL GAMES (net and wall, tennis, volleyball and badminton)</p>	<p style="text-align: center;"><i>Date Achieved</i></p>
<p style="text-align: center;"><u>SKILLS</u></p> <p>Shots: explore returning a ball using shots such as the forehand and backhand.</p> <p>Rallying: explore rallying using a forehand.</p> <p>Footwork: consistently use and return to the ready position in between shots.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Shots: know that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately.</p> <p>Rallying: know that hitting towards my partner will help them to return the ball easier and keep the rally going.</p> <p>Footwork: know that moving to the middle of my court will enable me to cover the most space.</p> <p>Tactics: know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space.</p> <p>Rules: know the rules of the game and begin to apply them.</p>	

<p style="text-align: center;">STRIKING AND FIELDING (striking and fielding, cricket and rounders)</p>	<p style="text-align: center;"><i>Date Achieved</i></p>
<p style="text-align: center;"><u>SKILLS</u></p> <p>Striking: begin to strike a bowled ball after a bounce with different equipment.</p> <p>Fielding: explore bowling to a target and fielding skills to include a two-handed pick up.</p> <p>Throwing: use overarm and underarm throwing in game situations.</p> <p>Catching: catch with some consistency in game situations.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Striking: know that striking to space away from fielders will help me to score.</p> <p>Fielding: know to look at where a batter is before deciding what to do. Know to communicate with teammates before throwing them a ball.</p> <p>Throwing: know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>Catching: know to move my feet to the ball.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>Rules: know the rules of the game and begin to apply them</p>	

<p style="text-align: center;">TARGET GAMES (target games, golf and dodgeball)</p>	<p style="text-align: center;"><i>Date Achieved</i></p>
<p style="text-align: center;"><u>SKILLS</u></p> <p>Throwing: explore throwing at a moving target.</p> <p>Catching (dodgeball): begin to catch whilst on the move.</p> <p>Striking: begin to strike a ball with accuracy and balance.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Throwing: know to throw slightly ahead of a moving target.</p> <p>Catching (dodgeball): know that beginning in a ready position will help me to react to the ball.</p> <p>Striking: know that using a bigger swing will give me more power.</p> <p>Tactics: know that using simple tactics will help my team to achieve an outcome e.g. spread out so that we are harder to aim for.</p> <p>Rules: know the rules of the game and begin to apply them.</p>	

ATHLETICS	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Running: develop the sprinting technique and apply it to relay events.</p> <p>Jumping: develop technique when jumping for distance in a range of approaches and take off positions.</p> <p>Throwing: explore the technique for a pull throw.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down.</p> <p>Jumping: know that if I jump and land quickly it will help me to jump further.</p> <p>Throwing: understand that the speed of the movement helps to create power.</p> <p>Rules: know the rules of the event and begin to apply them.</p>	

DANCE	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Actions: create actions in response to a stimulus individually and in groups.</p> <p>Dynamics: use dynamics effectively to express an idea.</p> <p>Space: use direction to transition between formations.</p> <p>Relationships: develop an understanding of formations.</p> <p>Performance: perform short, self-choreographed phrases showing an awareness of timing.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Actions: understand that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance.</p> <p>Dynamics: understand that all actions can be performed differently to help to show effect.</p> <p>Space: understand that I can use space to help my dance to flow.</p> <p>Relationships: understand that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p> <p>Performance: understand that I can use timing techniques such as canon and unison to create effect.</p> <p>Strategy: know that if I show sensitivity to the music, my performance will look more complete.</p>	

GYMNASTICS	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Shapes: explore matching and contrasting shapes.</p> <p>Balances: explore point and patch balances and transition smoothly into and out of them.</p> <p>Rolls: develop the straight, barrel, and forward roll. Jumps: develop stepping into shape jumps with control.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Shapes: understand how to use body tension to make my shapes look better.</p> <p>Balances: understand that I can make my balances look interesting by using different levels.</p> <p>Rolls: understand the safety considerations when performing more difficult rolls.</p> <p>Jumps: understand that I can change the take off and shape of my jumps to make them look interesting.</p> <p>Strategy: know that if I use different levels it will help to make my sequence look interesting.</p>	

YOGA	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Balance: demonstrate increased control when in poses.</p> <p>Flexibility: explore poses and movement in relation to my breath.</p> <p>Strength: explore arm balances with some control.</p> <p>Strategy: develop my ability to stay still and keep my focus.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Balance: understand that if I use the whole of the body part in contact with the floor, it will help me to balance.</p> <p>Flexibility: know that if I move as I breathe out I can stretch a little bit further.</p> <p>Strength: understand that I need to use different muscles for different poses.</p> <p>Strategy: know that I can use my breath to focus.</p>	

OUTDOOR AND ADVENTUROUS - ORIENTEERING	Date Achieved
<p style="text-align: center;"><u>SKILLS</u></p> <p>Problem solving: discuss how to follow trails and solve problems. Work with others to select appropriate equipment for the task.</p> <p>Navigational skills: identify where I am on a simple map. Use and begin to create simple maps and diagrams and follow a trail.</p> <p>Communication: follow and give instructions and accept other peoples' ideas.</p> <p style="text-align: center;"><u>KNOWLEDGE</u></p> <p>Problem solving: know that trying ideas before deciding on a solution will help us to come up with the best idea.</p> <p>Navigational skills: know to hold the map so that the items on the map match up to the items that have been placed out.</p> <p>Communication: know to take turns when giving ideas and not to interrupt each other.</p> <p>Reflection: reflect on when and why I am successful at solving challenges.</p> <p>Rules: know that using the rules honestly will help to keep myself and others safe.</p>	





OUTDOOR AND ADVENTUROUS - WOODLAND	Date Achieved
<p>I understand rules/boundaries/safety procedures of the woodland/Secret Garden/Trim Trail</p> <p>I know how to dress on my own for different weather.</p> <p>I know how to be safe around different tools.</p> <p>I can build a shelter building, with support.</p> <p>I know how to join together sticks using masking tape, pipe cleaners or string.</p> <p>I know about different lashing techniques and basic knots.</p> <ul style="list-style-type: none"> - Square lashing - Reef knot <p>I know about basic fire safety.</p> <p>I can use fire strikes to practice making a spark.</p> <p>I can collect firewood and help build a fire.</p>	





HEALTHY MIND



PERSONAL DEVELOPMENT



<i>My Personal Development</i>	<i>Term: Autumn 1.1</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		
<i>My Personal Development</i>	<i>Term: Autumn 1.2</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		

My Personal Development	Term: Autumn 2.1	Unit:
<p>What have I enjoyed?</p> 		
<p>What have I learnt?</p> 		
<p>What do I need to do next to improve?</p>		
My Personal Development	Term: Autumn 2.2	Unit:
<p>What have I enjoyed?</p> 		
<p>What have I learnt?</p> 		
<p>What do I need to do next to improve?</p>		

My Personal Development	Term: Spring 1.1	Unit:
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What have I enjoyed?



What have I learnt?



What do I need to do next to improve?

My Personal Development	Term: Spring 1.2	Unit:
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What have I enjoyed?











What have I learnt?



What do I need to do next to improve?

My Personal Development	Term: Spring 2.1	Unit:
<p>What have I enjoyed?</p> 		
<p>What have I learnt?</p> 		
<p>What do I need to do next to improve?</p>		
My Personal Development	Term: Spring 2.2	Unit:
<p>What have I enjoyed?</p> 		
<p>What have I learnt?</p> 		
<p>What do I need to do next to improve?</p>		

<i>My Personal Development</i>	<i>Term: Summer 1.1</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		
<i>My Personal Development</i>	<i>Term: Summer 1.2</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		

<i>My Personal Development</i>	<i>Term: Summer 2.1</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		
<i>My Personal Development</i>	<i>Term: Summer 2.2</i>	<i>Unit:</i>
<i>What have I enjoyed?</i> 		
<i>What have I learnt?</i> 		
<i>What do I need to do next to improve?</i>		

HAPPY LIFE





MOTIVATION

+



CONFIDENCE

+



COMPETENCE

+




KNOWLEDGE & SKILLS


=




SUCCESS

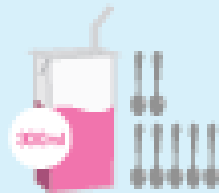


PERSONAL REFLECTION	AUTUMN
<i>What have I taken part in this term, not including my PE/Sports lessons?</i>	<i>Did I enjoy it?</i>
	
<i>What would I like to do again?</i>	<i>Is there anything else I would like to do but haven't yet had the opportunity?</i>
<p><i>How would I score my mental health? (out of 5) Why?</i></p> <p><i>Is there anything that I am worried or unhappy about?</i></p> <p><i>Do I have someone to talk to if I need to to?</i></p> <p><i>Would you like to talk to someone?</i></p>	

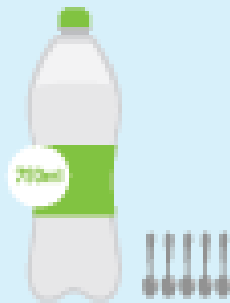
PERSONAL REFLECTION	SPRING
<i>What have I taken part in this term, not including my PE/Sports lessons?</i>	<i>Did I enjoy it?</i>
	
<i>What would I like to do again?</i>	<i>Is there anything else I would like to do but haven't yet had the opportunity?</i>
<p><i>How would I score my mental health? (out of 5) Why?</i></p> <p><i>Is there anything that I am worried or unhappy about?</i></p> <p><i>Do I have someone to talk to if I need to to?</i></p> <p><i>Would you like to talk to someone?</i></p>	

PERSONAL REFLECTION	SUMMER
<i>What have I taken part in this term, not including my PE/Sports lessons?</i>	<i>Did I enjoy it?</i>
	
<i>What would I like to do again?</i>	<i>Is there anything else I would like to do but haven't yet had the opportunity?</i>
<p><i>How would I score my mental health? (out of 5) Why?</i></p> <p><i>Is there anything that I am worried or unhappy about?</i></p> <p><i>Do I have someone to talk to if I need to to?</i></p> <p><i>Would you like to talk to someone?</i></p>	

HOW MUCH SUGAR IN THAT DRINK?



flavoured milk
7 teaspoons of sugar



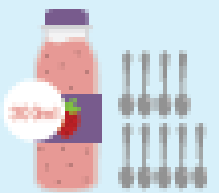
flavoured water
5 teaspoons of sugar



iced coffee
13 teaspoons of sugar



iced tea
7 teaspoons of sugar



smoothies
9 teaspoons of sugar



sparkling fruit drinks
13 teaspoons of sugar



powdered fruit drink
15 teaspoons of sugar



ZERO sugar

tap water
0 teaspoons of sugar

water is the best choice

low or reduced-fat unflavoured milk is a good choice too

WATER
Available on tap

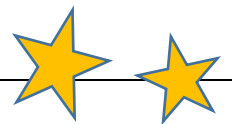
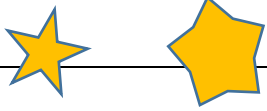
ALWAYS FRESH



The figures are indicative only and are based on popular sugary drinks available as of May 2015.









hpa.govt.nz/choosewater











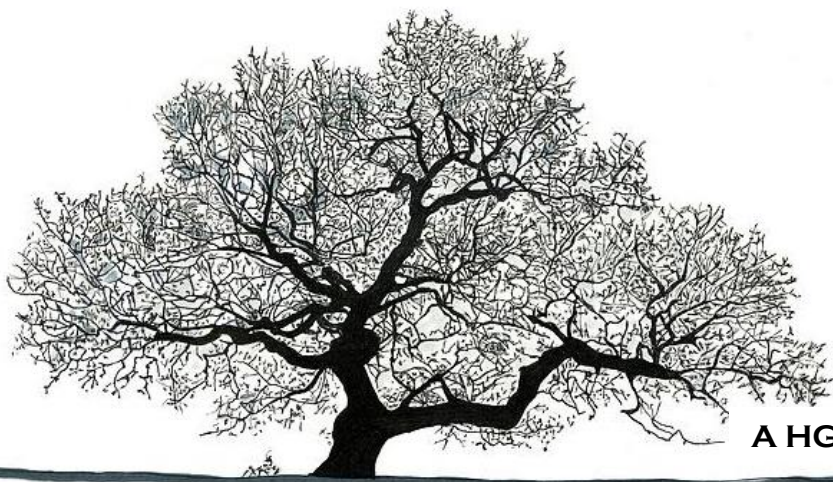
PERSONAL ACHIEVEMENTS

Make a note of all your achievements that have helped to keep you active. These could include swimming awards, sporting awards, a cycle ride with friends or family, getting to the top of a climbing wall, trying out a new sport, completing a long walk or hike.

FUN FACTOR - *Inside the heart, put a number (1 to 5) to show how much you enjoyed it. 1 is you didn't enjoy it much at all. 5 is you loved it!!*

ACHIEVEMENT	DATE	FUN FACTOR
		
		
		
		
		
		



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