Subject:

2 Week Independent Learning plan

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Teacher:

Year: Topic/theme:

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| Lesson | What you need to take from this lesson | Resource to use or hyperlink | Suggested task |
| 1 | **LO: to show understanding of how high energy drinks are damaging to health.**  You are required to show their literacy skills in designing a back page newspaper page.  Valid health opinions and researched truth.  Creativity. Numeracy | **Monster Power or weak water.** Central Birmingham schools ban the sugar filled energy drinks.  What about the adverts for Lucozade?  The sports role models who advertise them?  The energy they replace after sport?  The amount of unnecessary sugar in these drinks?  The cost to the NHS and Dental free service?  You decide good or bad? | The page should have 4-6 well planned and written articles. The stories listed are all made up and are put together to make you think about your possible stories. They can be based on the truth or from a fun angle.   * Starter: spend 10 minutes putting ideas together. * Task 1: spend 15 minutes then constructing catchy and interesting headlines with further details and relevant information underneath. * Task 3: put the article together in different sized areas so its look realistic. |
| 2 | **LO: to show understanding of what a healthy lifestyle is.**   * **What happens to the body when you do not exercise enough?** * **What are the NHS implications?**   You are required to show their literacy skills in designing a back page newspaper page.  Valid health opinions and researched truth. Creativity. Numeracy | Inactivity is “as deadly as smoking” reported the Daily Mail, describing how a lack of exercise is now causing as many deaths as smoking across the world. The researchers stated that strong evidence shows physical inactivity increases the risk of many major adverse health conditions including: death (from any cause) , coronary heart disease, high blood pressure, stroke , obesity, abnormal blood cholesterol levels, type 2 diabetes, breast and colon cancer  depression. Research and present a selection from the list above and answer the question below.   * What are the iimplications for your current levels of skill? * What could be the implications to life long movement? * Can you make suggestions for types of activity that can be completed inside the home? | * Starter: spend 10 minutes putting ideas together. * Task 1: spend 15 minutes then constructing catchy and interesting headlines with further details and relevant information underneath. * Task 3: put the article together in different as a colourful eye catching leaflet for use as a doctors reception reading resource. |
| 3 | **LO: to show understanding of what healthy eating habits are**   * **What happens to the body when you do not eat healthy?** * **How can it affect energy for exercise, sleep and good health?**   You are required to show their literacy skills in designing a back page newspaper page.  Valid health opinions and researched truth. Creativity. Numeracy | **Low cost junk food and raising cost of fruit.** The World Health Organisation complain about the cost of fruit and how this is affecting the levels of both fitness and health of school children. Children of secondary school age are gaining weight due to the type of food on offer in canteens. Fast food outlets nearby schools open early, to feed hungry pupils at the end of the school day. A poor selection of fruit is on offer in the canteens. A piece of fruit costs more than a chocolate bar. Families are not bothered about excessive weight or unhealthy diets. How do these effect a healthy diet, pupils weight and positive opportunities and the National Health Service? | * Starter: spend 10 minutes putting ideas together. * Task 1: spend 15 minutes then constructing catchy and interesting headlines with further details and relevant information underneath. * Task 3: put the article together in different as a colourful eye catching poster for use in work based canteens. |
| 4 | **LO: to show understanding of what is fashion and performance sports wear.**   * **What is the difference between fashion and performance needs??** * **How can we meet both for young people involved in sport?**   You are required to show their literacy skills in designing a back page newspaper page.  Valid health opinions and researched truth. Creativity. Numeracy | **Raising cost of sports equipment on grass roots involvement (beginners in sport).** All pupils want the latest kit/equipment. Something that will be recognised by others as cool (what could this be). What really matters? Cost? The look? The quality? The way it works? How do plimsolls/pumps negatively affect your performance in sport? How do good quality trainers work to benefit you (running trainers/trainers with clear grip underneath) | * Starter: spend 10 minutes putting ideas together. * Task 1: spend 15 minutes then constructing catchy and interesting headlines with further details and relevant information underneath. * Task 3: put the powerpoint together to present as a school Assembly. |
| 5 | **LO: to show understanding of what a healthy personal hygiene is.**   * **What happens to the body and clothing when we exercise.** * **How can we keep smells away.** * **What are the other health implications of us not washing sweat away after exercise**   You are required to show their literacy skills in designing a back page newspaper page.  Valid health opinions and researched truth. Creativity. Numeracy | Body odour is the unpleasant smell produced by bacteria on the skin that break down the acids in your sweat. The medical term is bromhidrosis. Anyone who has reached puberty can produce body odour, as this is when the apocrine sweat glands develop, which produce the sweat that bacteria can quickly break down. Things that can make body odour worse include: being overweight consuming rich or spicy food and drink – such as garlic, spices and some medications. A body odour problem can usually be managed by getting rid of excess skin bacteria – which are responsible for the smell – and keeping the skin in the affected area (usually the armpits) clean and dry. This also includes wearing proper sports clothing to exercise in. The active ingredients used in antiperspirants and deodorants differ, so you may find some more effective than others. Deodorants work by using perfume to mask the smell of sweat. Antiperspirants contain aluminium chloride which reduces the amount of sweat produced by your body. | * Starter: spend 10 minutes putting ideas together. * Task 1: spend 15 minutes then constructing catchy and interesting headlines with further details and relevant information underneath. * Task 3: This must be presented as a series of colourful eye catching posters to be used in local football clubs |

Don’t forget you can access the school drives and resources form the school website: <https://www.waseleyhills.worcs.sch.uk/>