

Health and Wellbeing @ Home

Developing opportunities for Personal, Social, Health Education in daily life

Home learning can provide an excellent opportunity to embed PSHE education within household routines. Below are some examples of how learning in different PSHE topics can be applied to pupils' daily lives during the social distancing period:

Topic	Activities
Healthy lifestyles	<ul style="list-style-type: none">• Getting involved in cooking a healthy meal and discussing the importance of balanced food choices• Completing a short workout, followed by a conversation about how exercise makes someone feel and why it is important• Having conversations about the importance of hygiene, including hand washing, following current government guidelines, etc
Relationships	<ul style="list-style-type: none">• Discussing the importance of 'checking in' with friends and being kind to one another during challenging times• Keeping in contact with isolated family members or elderly relatives and having a conversation about the importance of doing this
Mental health and emotional wellbeing	<ul style="list-style-type: none">• Completing a yoga or meditation session online, and discussing how these practices can help to promote positive mental health• Completing a journal on a daily or weekly basis to reflect on feelings and emotions• Discussing daily goals and achievements
Digital literacy	<ul style="list-style-type: none">• Assessing the accuracy of sources of information after watching or reading media coverage, and recognising when and how to limit time accessing news coverage if it is causing feelings of anxiety or worry• Discussing safe use of online tools that can be used to stay in touch, e.g. keeping personal information and social media accounts private, being respectful to others online, etc.

PE at home

Keeping physically active whilst at home is extremely important for our health and wellbeing. Below are some activities that you can complete over the Easter break.

Activity	Link/Resources
PE with Joe Wicks	https://www.youtube.com/results?search_query=body+coach+tv
#thisispe Daily videos of fun physical activities to do at home.	https://www.youtube.com/user/WestYorkshireSport
Youth Sport Trust 60 Second PE Challenges	https://www.youthsporttrust.org/60-second-physical-activity-challenges
Youth Sport Trust PE activities	https://www.youthsporttrust.org/pe-home-learning