



## CLASSROOM OVERVIEW

A 6-week course that provides the classroom counterpart learning experience for the Health Squad basketball programme.

<b>LESSON 1</b>	<b>THE EFFECT OF INACTIVITY ON OUR HEALTH</b>	<b>DISCUSSING HOW CAN WE INCREASE THE AMOUNT OF PHYSICAL ACTIVITY IN OUR LIVES AND REDUCE THE AMOUNT OF SEDENTARY TIME.</b>
<b>LESSON 2</b>	<b>OUR BRILLIANT BRAINS</b>	<b>LEARNING ABOUT OUR BRAINS AND HOW THEY WORK.</b>
<b>LESSON 3</b>	<b>HOW TO BE HAPPY</b>	<b>DEVELOPING STRATEGIES TO MAINTAIN GOOD MENTAL HEALTH.</b>
<b>LESSON 4</b>	<b>SLEEP AND SCREEN TIME</b>	<b>LOOKING AT HOW SLEEP AFFECTS OUR HEALTH, HOW TO CULTIVATE HEALTHY SCREEN HABITS AND DEVELOPING POSITIVE APPROACHES TO OUR DIGITAL LIVES.</b>
<b>LESSON 5A</b>	<b>THE SWEET STUFF</b>	<b>LOOKING IN DETAIL AT SUGAR AND EXAMINING FOODS AND DRINKS THAT ARE HIGH IN SUGAR CONTENT.</b>
<b>LESSON 5B</b>	<b>FOOD AND DIET</b>	<b>DESIGNING AND MAKING A WRAP, TALKING ABOUT INGREDIENTS, AND LOOKING AT THE 'EATWELL' PLATE WITH A VIEW TO MAKING HEALTHY CHOICES.</b>
<b>LESSON 6</b>	<b>WHOLE HEALTH</b>	<b>'HEALTHY ME': CONSOLIDATING OUR LEARNING FROM THE PROGRAMME (CHILDREN GIVING SPECIFIC INSIGHT INTO THEIR HEALTH AND CREATING SIGN POSTING).</b>

*We aim to engage children with a fun and discursive approach to mental and physical health, equipping them with knowledge and enthusiasm to make healthy life choices in the future.*