

# Health and Well-Being- Lesson 8

## PE & HE

*Follow Us!*



- WHECHWB



- WHEC\_HWB

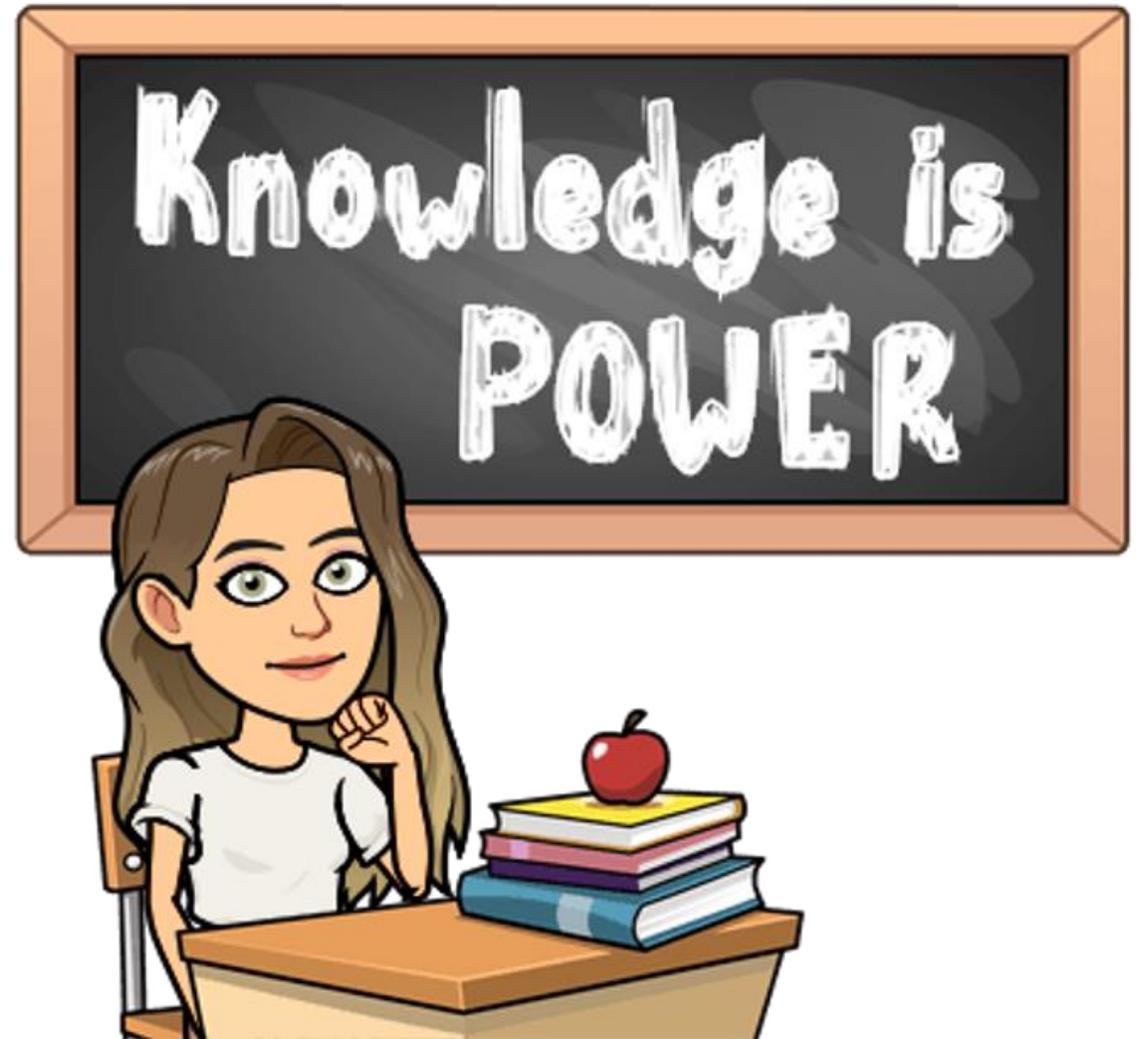
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Learning Intentions;

- To re-cap the previous 7 weeks of learning that we have covered in HWB

Success Criteria;

- \* I can take part in my HWB lesson and give 100% to tasks
- \*\* I can name at least 3 topics that we have covered during home-learning
- \*\*\* I can provide some detail about what was covered in those lessons



# *Starter Task...*

- You have 60 seconds to try and remember some of the topics that we have covered in HWB so far
- Write them down and then we will be coming to you for answers!



# Answers...

- Exercise and Food Diaries
  - Diet and Health
  - Mental Health
  - Sleep and Relaxation
  - Hydration
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# *Today...*

We will have a Kahoot quiz to see just how much knowledge you have gained over the past 8 weeks!

We will give you the game pin however we want you to keep the call on at the same time

This will allow us to play as a year group at the same time

# Questions

1. What % of children in Scotland are currently overweight or obese?
2. Why should we use re-useable bottles?
3. Why is staying hydrated important?
4. How much water should you drink per day?
5. Which one of these is NOT caused by being overweight or obese?  
Cancer, diabetes, stroke or broken leg
6. What does a diet high in salt increase the risk of?
7. What were the chemicals called that the brain releases after exercise that makes us feel better?
8. What are the symptoms of ADHD that exercise can improve?
9. How much sleeps should a teenager try to get per night?
10. How long should you put your screen down for before you fall asleep?
11. Does more sleep reduce your calorie intake? True or False?
12. Bread is part of what food group?
13. Fish is part of what food group?
14. Milk is part of what food group?
15. How many minutes of exercise should you aim to get per day?

# Answers

1. 29%
2. It helps the environment
3. It helps our digestive system
4. 2 litres
5. Broken Leg
6. High blood pressure
7. Endorphins
8. Concentration, Motivation, Memory, Mood
9. 8-10 hours per night
10. 1 hour
11. True
12. Carbohydrates
13. Protein
14. Dairy
15. 60 minutes

# Fitness Challenge

- This week we are trying to get from WHEC to Murrayfield and back as many times as we can!
- It's 8 miles to get there and back
  - How many times do you think we can get there and back in the next week as a group?
- You can complete this challenge by walking, jogging or cycling
- Track how much distance you cover and send it to your PE/HE teacher so we can add it up!
- "MapMyRun" is a free app that will track your distance if you want an accurate record
- Keep an eye on the HWB social media sites for updates on how we're doing!

