



Healthy & Learning Lifestyle

*Healthy Lifestyle
Exploration: A Field Trip for
Health and Wellness*



Co-funded by the
Erasmus+ Programme
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Healthy Lifestyle Exploration: A Field Trip for Health and Wellness

SHORT DESCRIPTION

This multidisciplinary assignment combines outdoor exploration and scientific inquiry to engage secondary school pupils aged 14-16 in an experiential learning journey focused on healthy lifestyle choices. The assignment involves a field trip outside the school premises, where pupils will actively participate in hands-on activities, investigations, and discussions related to health and wellness.

PUPIL TARGET

Secondary school pupils aged 14-16.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Basic understanding of health concepts, observational skills, critical thinking skills, and the ability to work collaboratively in a team.

**GROUP SIZE AND
WAY OF
EXECUTION**

Small groups (4-6 pupils). The assignment is executed through a field trip and subsequent group discussions.

TIMEFRAME

1-2 days for the field trip and 1-2 weeks for follow-up activities.



FULL DESCRIPTION OF THE ASSIGNMENT

The assignment comprises the following tasks:

a) Task 1 - Pre-field trip Preparation

Pupils research and familiarize themselves with the selected location for the field trip, its natural surroundings, and relevant health-related topics.

b) Task 2 - Field Trip

Pupils visit a local park, nature reserve, or another suitable outdoor location known for promoting healthy lifestyles. During the field trip, pupils engage in various activities, such as hiking, cycling, or engaging in physical fitness challenges. They also explore the natural environment and discuss its impact on well-being. Pupils document their experiences through photographs or videos.

c) Task 3 - Data Collection and Analysis

Pupils compile and analyze the data collected during the field trip. This may include observations, measurements, or recordings related to physical activity levels, natural surroundings, and their effect on mental and physical well-being.

d) Task 4 - Reflection and Group Discussion

Pupils share their experiences, observations, and analyses in a group discussion. They reflect on the connections between physical activity, nature, and overall health and well-being.

e) Task 5 - Action Plan

Pupils collaboratively develop an action plan to promote healthy lifestyle choices within their school or local community based on their field trip findings and reflections.

MATERIALS NEEDED

Transportation to the field trip location, appropriate outdoor clothing and footwear, digital cameras or smartphones for documentation, notebooks for data collection, writing materials for reflection and planning.

LEARNING GOALS

- Promote an understanding of the interconnections between physical activity, nature, and well-being.
- Develop observational and analytical skills through data collection and analysis.
- Foster teamwork and collaboration through group discussions and the development of an action plan.
- Encourage personal reflection and critical thinking about healthy lifestyle choices.

SCHOOL SUBJECTS COVERED

Physical Education, Science, Environmental Studies.

HASHTAGS

#HealthyLifestyleExploration #OutdoorWellness
#FieldTripFun





FOLLOW-UP ASSIGNMENT

International Healthy Lifestyle Campaign: Sharing Our Field Trip Experiences

DESCRIPTION OF THE ONLINE ASSIGNMENT

In this online collaborative session, secondary school pupils from different countries come together to share their experiences and insights gained from the field trip. Participants engage in discussions, share multimedia presentations, and exchange ideas on promoting healthy lifestyle choices in their respective communities.

ORGANISATION AND WAY OF EXECUTION

Participants will join an online meeting platform where they will be divided into small groups comprising individuals from different countries. Each group will present their field trip experiences, highlighting the key findings, reflections, and action plans developed. They will engage in cross-cultural discussions, share photographs or videos, and collaborate on designing an international healthy lifestyle campaign.

LEARNING GOALS

- Develop cross-cultural understanding and appreciation of different perspectives on healthy lifestyle choices.
- Apply critical thinking skills to analyze and reflect on the field trip experiences.
- Enhance communication and presentation skills through multimedia presentations.
- Foster collaboration and teamwork in developing an international healthy lifestyle campaign.





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Learning
Hub
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Medical experts.
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