



Healthy & Learning Lifestyle

Personal Learning Plan



Co-funded by the
Erasmus+ Programme
of the European Union

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ASSIGNMENT FACTSHEET

This assignment includes these topics:

- Nutrition
- Exercise
- Mental health ✓
- Physical health ✓
- Your own (healthy and learning) lifestyle ✓
- The lifestyle of others
- The healthy and learning lifestyle circumstances at home ✓
- The healthy and learning lifestyle circumstances at school ✓
- Other topic, being:

This assignment is:

- Challenge based
- Exchange oriented
- Aimed at personal development ✓

This assignment includes these pupil activities:

- Investigate or research ✓
- Contact experts and practitioners
- Present and discuss their findings
- Other activity, being: trial and error considering learning goals ✓

This assignment includes elements of these school subjects:

- Math
- English
- Physical Education
- Biology
- Geography
- ICT
- Physics
- History
- Other subject(s), being: personal coaching ✓

Key words or hashtags for this assignment are:

#personaldevelopment #personalgoals #personalgrowth
#personallearningplan

Personal Learning Plan – Setting goals – Personal
development and growth



Personal Learning Plan

SHORT DESCRIPTION

In a given template students describe different personal goals that they would like to work on/achieve within a certain period of time. These goals consider different competences that are viable as well inside as outside the school, such as planning and organizing (your homework), learning, teamwork/collaborating. Students also set goals that are related to a healthy lifestyle, for example: do a 30 minute workout every day, prepare a healthy meal for your family once a week, decrease time on using digital devices, etc.

PUPIL TARGET

Age 12 and older

REQUIERED KNOWLEDGE, SKILLS AND COMPETENCES

Describe which competences, skills and knowledge pupils need up front.
Pupils should know already....
·A little bit about their own strengths and weaknesses (growth potential)
Pupils should be able to already...
·Have a little bit of reflective skills. Pupils have to be open for self-review.

**GROUP SIZE AND
WAY OF
EXECUTION**

Individual Assignment

TIMEFRAME

Preparation time need by teacher (and pupils): 15 minutes for the teacher / 30-45 minutes for the pupils.



FULL DESCRIPTION OF THE ASSIGNMENT

Pupils fill in the form “Personal Learning Plan” (attachment 1).

By filling out this form a pupil will describe several personal goals for the upcoming period of time – this needs to be set by the mentor/personal coach of the pupil (usually 2-3 months). The goals the pupils set for themselves can be related to school(subjects), to every day life issues, to their lifestyle, etc. The main goal is to help the students out in becoming better in selfdevelopment and personal growth.

After filling out the form the pupils will actually work on their personal goals and after the given period of time a moment of self-reflection will take place in the form of a presentation to the mentor (and if possible to the parents). The pupils will empower this presentation by showing different kinds of prove that they have collected considering the personal goals that they have worked on. These kinds of prove and the personal learning plan itself can be displayed in a (digital) portfolio.

It is an individual assignment since every pupil is unique and have their own specific set of personal goals. Though, pupils of course are stimulated to involve their parents, (close) friends, teachers and mentor to help them out by thinking of and describing their own personal learning goals.

MATERIALS NEEDED

A laptop

LEARNING GOALS

Upon completion of this assignment,
Pupils will know:

- Different categories/themes that all can consider different kinds of goals that eventually will contribute to personal growth
- That setting up a personal learning plan actually helps in gaining insights in themselves and showing each ones potential in personal growth

Pupils will be able to:

- Think of and describe personal learning goals
- Fill in a personal learning plan

ASSIGNMENT DEVELOPER

Name: Harry Verhaar

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Date: sept. 14th 2022





FOLLOW-UP ASSIGNMENT

What is your healthy lifestyle goal?

DESCRIPTION OF THE ONLINE ASSIGNMENT

Pupils have already developed their own personal learning plan by filling out the given form "Personal Learning Plan" (attachment 1). One of the categories in this form is "Healthy Lifestyle". A pupil will have described one or more personal goals considering a healthy lifestyle. The online assignment consists of exchanging at least one of these goals with another student. The purpose of this exchange is also to present each other a plan on how the student is planning to work on this goal. The pupil that is the listener will take notes and ask critical questions afterwards in order to help the pupil that was presenting.

ORGANISATION AND WAY OF EXECUTION

Organisation

It is an online conversation between 2 student from a different country.

Technically

Microsoft Teams will be used in order to execute this assignment. The students will use either break-out rooms or separate online calls.

Expected total duration:

45 minutes:

- plenary start by teacher (approximately 5-10 minutes)
- execution of online assignment (15 minutes per student)
- plenary end by teacher (5-10 minutes)

LEARNING GOALS

Upon completion of this online assignment, pupils will know:

- healthy lifestyle goals of a student abroad
- plans of how to work on these goals by the other student

pupils will be able to:

- Present their own healthy lifestyle goals and development
- Have sincere attention for other pupils their presentation and by asking critical questions helping them to reflect

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Learning
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Medical experts.
Safety specialists.

Klare Koek.



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