



Healthy & Learning Lifestyle

Pupil assignment:
Everything for our health



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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: obesity among students ✓

This assignment includes these pupil activities:

- Investigate or research ✓
- Contact experts and practitioners
- Present and discuss their findings ✓
- Other activity, being:

This assignment includes elements of these school subjects:

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

This assignment is:

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

Key words or hashtags for this assignment are:

Obesity
Movement
Technology



Everything for our health

SHORT DESCRIPTION

In this activity, pupils will search for information about obesity and the risk of this condition upon physical, mental and emotional health.

Pupils will think about and elaborate a fitness program for a teenager with medium obesity, they will motivate their choice. Moreover, they will examine and talk about personal experiences, they will try to communicate with overweight teenagers in their school through anonymous questionnaires and they will collect information related to their daily habits.

PUPIL TARGET

12-15 year olds in secondary school.

REQUIRED KNOWLEDGE, SKILLS AND COMPETENCES

Pupils should already

- Know basic sports and technology elements
- Have basic communication skills in English (to communicate with students from the other countries).

Pupils should already be able to

- Search information and interpret it
- Use online apps
- Analyse data that have resulted from their research
- Present and discuss the acquired results

**GROUP SIZE AND
WAY OF
EXECUTION**

This activity is to be conducted individually, it implies sharing, discussing and presenting the results at the end of the activity

TIMEFRAME

Preparation time need by teacher: Very little time and effort are necessary from the teacher to prepare this activity

Expected total duration of the assignment (to execute the assignment): Pupils are asked to get informed about obesity and the risks of this condition upon physical, mental and emotional health. They will study the daily habits of an overweight teenager regarding their eating habits and physical efforts and then they will make a swot analysis that will result in a fitness program for a teenager with medium obesity. They will motivate their choice.



FULL DESCRIPTION OF THE ASSIGNMENT

The assignment consists of three parts, it is up to you to work out these three parts and to incorporate them as one, which means that you have to hand them in as a whole.

It is up to you to decide which form of working out you choose. You can choose to work in Word, but Prezi, PowerPoint, etc. are also good options. Choose something that suits you and of which you are sure that it reflects all requested content. Make sure that you do not only work out the assignments, but that you also write a title / table of contents / introduction / etc. It depends on your form of elaboration how you give form to this!

Part 1

Investigate what is considered to be overweight and the effects of this condition at European and global levels. See how physical effort and a healthy lifestyle help to overcome and decrease obesity.

Part 2

Students will ask their colleagues to answer the online questionnaires to gather information about their classmates' daily program. Gather the results about bad habits and (un)healthy lifestyle and make a short report.

Part 3

Based on your studies, elaborate a fitness program + nutrition (for a week) for an overweight teenager and motivate your choice. In the end, make a short presentation about your findings and recommendations to be presented to pupils in your class and to pupils abroad in other schools in Europe. Make sure to include all three parts of the assignment!

MATERIALS NEEDED

Pupils can search and use apps that already exist in App Store/Google Play Store for this activity. Google Forms is recommended for the questionnaires, but you can also use an app of your choosing.

LEARNING GOALS

Upon completion of this assignment, Pupils will know:

- About obesity and its risks
- How to assess results and elaborate a program

Pupils will be able to:

- Set targets and make a detailed evaluation
- Elaborate a daily and weekly program of activities for himself/herself and for the teenagers that need it
- Give examples of good/bad practices regarding a healthy lifestyle

ASSIGNMENT DEVELOPER

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Medical experts.
Safety specialists.

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