

Teaching Youth Social Action Physical Education

Students learn about what it means to lead healthy, active lives while maintaining a healthy and balanced diet.'You don't need to be an athlete to do some exercise. Little walks or short physical activities can work just as well!' Anna Freud trust - What young people have told us:

You can release any stress, anger or tension you have! Exercise is also refreshing and gives you time away from work, your phone or doing nothing all day. Being active can help your mind and body to feel better!' 'Jogging is a great time for reflection. Weights are a good way to tire out your negative energy.' <https://www.annafreud.org/on-my-mind/self-care/physical-exercise/>

7	Students participate in a relay race where they can go from one bag to the next to pick up healthy food items/cards and build a balanced meal.
8	Students learn about what and when to eat before physical exercise. Meal size and food composition affect the rate of digestion, so it's best to avoid large meals that are high in fat, protein, and fibre shortly before exercising.
9	Teach your class about the importance of physical activity for optimal brain functioning: Nutrition is essential for supporting an athlete's general health and training needs. Having a suitable diet provides a person with enough energy and nutrients to meet the demands of training and exercise. In addition to helping a person perform optimally, it facilitates recovery.

Teaching Youth Social Action through Maths

7	Students measure recommended portions with measuring cups and learn about fractions
8	Students keep a food diary for a day and use the food <u>calorie counter website</u> to check the calories of each dish and calculate their overall nutrient intake.
9	Students create a budget of affordable, healthy foods.