

Miniclips: How to Be Healthy

# Be the Change You Want to See



# About this video

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## Be the Change You Want to See

What if a little change you made at school could make a big change to the health of the whole school community? From making healthy alterations to the canteen menu, to walking part of the way to school, to creating a sustainable school garden, this video discusses how you can help your school community change the way it makes choices around nutrition and physical activity.

### Essential question:

In what way can we cater for the physical and mental health of everybody at school?

### Key vocabulary:

healthy

diet

endorphins

unhealthy

physically active

environmentally sustainable

nutrition

meditation

### Learning intention

To understand how your school environment can have positive impacts on students' food choices and physical health.

# Before watching

## Make Predictions and Activate Prior Knowledge

Give each group a large piece of poster paper. Ask them to draw a line down the centre of the paper. On one side, their task is to list all of the things they believe to be important for a healthy lifestyle. Give them a set amount of time. Then, on the other half, students should list all the things at school that encourage/enable a healthy lifestyle. Allow time for each group to feedback to the class.

Does the school enable a healthy lifestyle? Why? Why not? Allow some time for discussion before you watch the video.

# Whilst watching

## Watching as a class



Watch the interactive video as a class and ask students to respond to the prompts throughout the interactive.

## Watching individually



Have students watch the interactive during solo viewing.

# After watching

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Below are three activities to extend the learning from the video and to check for understanding.

## **Activity 1: Class Discussion**

Use the concentric circle's strategy to encourage students to discuss their understanding of the video. Split the class in half with one half forming a small circle, facing outwards, and the other half creating a larger circle, facing inwards.

Students should spend the allotted time discussing the question/idea with one partner, and then the outer circle of students should move around to the right, thereby meeting a new discussion partner.

Some possible questions to discuss are:

- What can happen to us if we don't take care of ourselves?
- What can schools do to help us be healthy?
- What are some ways to make our brains happy, and why is this good for us?
- Does the school canteen have healthy food choices? Why or why not?
- What are some ways to make our school better for the environment?
- How can meditation and mindfulness help us be healthy?

## Activity 2: Be the Change

For this activity, students are going to work in groups to decide one area they would like to improve in the school to promote a healthy lifestyle. They will discuss the issues raised in the video and then collaborate on a project to be the change.

- First, students should have some time to discuss together the issues raised in the video, thinking about their own school. Each group needs to decide an area that they view to be the most important and that they would like to change. Ideally, each group will pick a different issue. e.g. Healthier options in the canteen, more time for physical activity, more access to sports equipment during free time etc.
- Then, students should work together to decide what they would like to do to begin to raise awareness of this issue. Some ideas from the video are presentations, podcasts, and healthy food stalls.
- Students could then share their ideas with the class, allowing time for input on their chosen issue from more of their peers.
- Ideally, students should have an opportunity to put their ideas into action, perhaps presenting in an assembly, or writing to the headteacher to ask for change.

### Extension:

Students could use books/ICT resources to find out where in the world young people have the healthiest lifestyle. They could find out what schools are like in that country, and compare and contrast them with their school.

### Support:

Students could be given a template to help them plan their ideas for change. They should also have a word may with key vocabulary, including definitions.

### Activity 3: A Letter to a Change Maker

In this activity, students will discuss their opinions on how their school could be better at enabling and encouraging a healthy lifestyle. Students should have some time to discuss the ways in which their school supports a healthy lifestyle and the ways in which it could improve.

Then, they will write a persuasive letter to their local member of parliament. Their letter should include the following:

- A paragraph about the importance of a healthy lifestyle, including some of the short and long-term implications of not having a healthy lifestyle
- A paragraph detailing the positive areas of the school, and then the way in which they want their school to be improved.
- What they would like the MP to do. e.g. allowing more funding for schools, adapting the curriculum to allow more time for physical activity, etc.

Students should have time to peer review each other's letters and give constructive feedback.

#### Extension:

Students could use ICT resources to research some schools which are excelling at enabling a healthy lifestyle. What are some similarities between these schools and their own school?

#### Support:

Students should be given a template to help them write their letters, with prompts to help them remember what to put in each paragraph. They should also have access to a word mat with key vocabulary, including definitions.

## Conclusion

Students should answer these questions for every lesson:

- Answer the essential question using as much detail as you can: In what way can we cater for the physical and mental health of everybody at school?
- What questions do you still have about the content you saw in the video?