



My Learning Journey - Health and Wellbeing Project

Our Big Question...How can I be healthier?

Our personal health is critical to our survival. In this project we are going to look to develop our physical, social and mental health through a range of fun and varied experiences that will help us make healthier lifestyle choices. We are going to look at what positive behaviours we can do to improve and shape our health. We will look at what ethical considerations we need to make when it comes to our health and how to make informed decisions about our health and well-being.

Exciting Experiences...

The project will have within it lots of exciting experiences such as...

- Forest school survival skills
- Personal survival swimming skills
- Cooking healthy and nutritious meals to take home and serve to a real audience

WHAT PRIOR KNOWLEDGE IS GOING TO HELP ME WITH THIS PROJECT?

It would help if you have taken part in group work and physical activities in your primary school. Having an understanding of the importance of food, rest and exercise will help you, as well as the critical importance of healthy relationships to our lives.

In this project you will learn...

- How to cook a healthy pizza, omelette, pasta salad, fruit salad and cawl (Welsh national dish)
- Learn to safely use the oven and hobs
- Safe food preparation and chopping skills
- What is a healthy and nutritious diet

- Safe fire lighting
- Shelter building
- Craft and creativity
- Knot work in putting up hammocks, creating and completing a ropes courses
- Expedition to Bod-silin (school cottage above Abergwyngregyn)

- Personal survival swimming lifesaving skills
- Exciting activities that encourage being active for life
- Skills in physical activities that are suitable for all abilities
- How to collaborate, foster resilience and develop healthy relationships

How will I be assessed?

Your Tasks...

1	You will be assessed on all your food skills through practical assessment
2	Practical assessments as you complete tasks in Forest Schools work
3	Willingness to engage in group activity assessments as well as during individual trampolining and personal survival swimming sessions.

The Showcase

You are going to make a scrapbook of all your experiences and demonstrate your learning through your practical activities

