



Learning Plan 4		Subject/Pwnc: Health and Wellbeing (PE) Well-being Walks		Year/Blwyddyn: 9	
<p><u>The Four Purposes in Health and Wellbeing:</u></p> <p>Ambitious, capable learners, who: set themselves high standards; seek and enjoy challenge; ask questions; enjoy solving problems; use number effectively in different contexts; interpret data and apply mathematical concepts.</p> <p>Enterprising, creative contributors, who: connect and apply their knowledge and skills to generate ideas; think creatively to solve problems; identify and grasp opportunities; take measured risks; lead and play different roles in teams effectively; give of their energy and skills so that other people will benefit.</p> <p>Ethical, informed citizens, who: find, evaluate and use evidence in forming views; consider the impact of their actions; know about their culture, community, society and the world.</p> <p>Healthy, confident individuals, who: build their mental and emotional well-being; are confident, resilient and empathetic; apply knowledge about the impact of diet and exercise on physical and mental health in their daily lives; take part in physical activity; have the confidence to participate in performance; form positive relationships based upon trust and mutual respect; face and overcome challenge; develop skills and knowledge to manage everyday life.</p> <p>Knowledge focus/what matters: Enhancing a range of oracy, analysis and evaluation skills across health and well-being. 10 Keywords: Physical health, Mental Health, Social Health, Mindfulness, Ultra Processed foods, Loneliness, Dementia, Alzheimer’s, Sleep hygiene, Cardiovascular Health</p>					
Learning objective/key question	What will I know and be able to do? I can...	How will I develop my skills? (Success Criteria)		Homework/Gwaith cartref to support progress	
Week 1 23/2/26 Physical, Mental and Social Benefits of walking	<ul style="list-style-type: none"> Understand how walking benefits physical, mental (mood) and social. Describe with examples what some of the physical, mental and social benefits of walking are. 	<ul style="list-style-type: none"> I can recall a list of the benefits of walking for physical, mental and social well-being. I can use oracy skills to describe why walking is good for us. I can reflect on how the walk has made me and others feel as part of the plenary. 		Wk 1	<p>Homework: Read leaflet handed out on Physical, Mental and Social benefits of walking to their health.</p> <p>Set:23/2/26</p> <p>Due:2/3/26</p>

<p>Week 2 2/3/26 Endurance and Cardiovascular Health</p>	<ul style="list-style-type: none"> Describe what endurance is and be able to define it. Explain what cardiovascular health is and its benefits. Understand how walking improves endurance and cardiovascular health. 	<ul style="list-style-type: none"> I can discuss what endurance is. I can explain and accurately describe the meaning of cardiovascular health. I can set a personal goal for after school hours (e.g. 12,00 a day OR walk 30 minutes, three times a week. 	<p>Wk 2</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>
<p>Week 3 9/3/26 Nature, mindfulness and sleep hygiene</p>	<ul style="list-style-type: none"> Describe the benefits of walking around nature. Demonstrate the ability to be mindful whilst walking. Evaluate their own ability of being mindful. Describe what sleep hygiene is. 	<ul style="list-style-type: none"> I can recall at least 3 benefits of walking around nature. I can use digital resources to take photos of nature. I can reflect on my ability to be mindful during that lesson. I can discuss what sleep hygiene is and also reflect on my own sleep hygiene. 	<p>Wk 3</p>	<p>Homework: Complete a sleep hygiene questionnaire.</p> <p>Set:9/3/26</p> <p>Due:16/3/26</p>
<p>Week 4 16/3/26 Dementia and alzheimer's</p>	<ul style="list-style-type: none"> Understand what dementia and Alzheimer's is. Recall the key teaching points of how we can decrease the chances of experiencing these during life. 	<ul style="list-style-type: none"> I can explain what dementia and Alzheimer's is. I can identify ways in life where we can decrease our chances of experiencing them during life. 	<p>Wk 4</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>
<p>Week 5 23/6/26 Loneliness & Ultra Processed Food</p>	<ul style="list-style-type: none"> Understand the impact of loneliness on physical and mental health. Explain ways that we can foster meaningful relationships. Understand what UPF are. Able to explain the impact of a high UPF diet is on the mind and body. 	<ul style="list-style-type: none"> I can explain how loneliness can impact one's physical and mental health. I can discuss ways that we can implement to foster meaningful relationships. I can recall and describe what UPF's are. I can confidently identify UPF's. I can confidently discuss what the impact of eating a high UPF is on the body and mind. 	<p>Wk 5</p>	<p>Homework:</p> <p>Set:</p> <p>Due:</p>