

Lesson plan: Physical, emotional and social health, fitness and well-being

This sample lesson plan helps teachers to structure a one hour lesson on 'health, fitness and well-being' as part of GCSE Physical Education (Scheme of work 2016, 2 and 3 year plan). It's meant as a guide and can be amended to suit teachers' and students' needs.

Assessment objectives

It develops knowledge and understanding of healthy lifestyles linked to our mental, physical and social well-being.

The following learning objectives and learning outcomes link directly to the Assessment objectives outlined in the GCSE PE specification (8582).

- A01: Demonstrate knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.
- A02: Apply knowledge and understanding of factors that underpin performance and involvement in physical activity and sport.
- A03: Analyse and evaluate the factors that underpin performance and involvement in physical activity and sport.

Learning objectives

- Develop knowledge and understanding of definitions related to health and well-being.
- Develop knowledge and understanding of the link between physical activity and positive health and well-being.
- Develop knowledge and understanding of reasons for participating in physical activity.

Learning outcomes

- All students should be able to define physical, emotional and social health and well-being.
- All students should be able to identify how physical activity and/or exercise can positively affect physical, social and emotional health and well-being.

- Most students should be able to clearly present information to another group.
- Most students will be able to apply their knowledge and understanding by relating the benefits to health and well-being from different sports examples.
- Some students will be able to assess their own health and well-being based on their own daily routines (extension task).

Prior knowledge needed

Pupils may have a basic understanding of general health and well-being applied through practical PE lessons at KS3 in preparation for the GCSE specification, although this isn't a pre-requisite.

Lesson preparation

Implement a seating plan to encourage paired work with high ability and lower ability students for maximum effect.

Print the 'Missing Word Task' resources for each student, according to level of appropriate challenge. The 'Social Well-Being Scenario' should also be printed for use accordingly.

Use the following videos in this lesson:

[Mental health video – Exercise and the Brain](#)

[Physical health video – The Benefits and Effects of Exercise](#)

The following quiz is to be completed as part of the plenary task for this lesson (iPads required): kahoot.it

Quiz Title: 'AQA GCSE PE – Health and well-being plenary – sample lesson plan'.

Activity

Duration	Activity	Group size	Assessment objective
10 minutes	<p>Starter Activity: Issue 'missing word' task for students to write out definitions for physical, emotional and social health and well-being, using missing words.</p>	Individual	All students should be able to define mental, physical and social well-being.
10 minutes	<p>Video 1 – Mental health. Watch the following video: Exercise and the Brain - YouTube video (Stop video at 2mins 10secs). and then identify the following:</p> <ul style="list-style-type: none"> • What are the mental health benefits of exercise? • What are the main barriers to participation? • How can schools support children to remove these barriers? <p>Add responses to A3 poster to share with another group at the end of the lesson.</p>	Pairs	All students should be able to identify how physical activity and/or exercise can positively affect mental, physical and social well-being.
10 minutes	<p>Video 2 – Physical health. Watch the following video The Benefits and Effects of Exercise - You Tube Video (Stop video at 3 mins 10 secs) and then identify the following:</p> <ul style="list-style-type: none"> • What are the physical health benefits of exercise? 	Pairs	All students should be able to identify how physical activity and/or exercise can positively affect mental, physical and social well-being.

	<ul style="list-style-type: none"> • Why are these so important? • How can they improve your sports performance? <p>Add responses to A3 poster for sharing with another group at the end of the lesson.</p>		
15 minutes	<p>Scenario – Social health. Read the scenario and then identify the following:</p> <ul style="list-style-type: none"> • What are the social health benefits of exercise? • How can schools support children to remove these barriers? • How have your own social skills been developed through participation in physical activity? <p>Add responses to A3 poster to share with another group at the end of the lesson.</p>	Pairs	All students should be able to identify how physical activity and/or exercise can positively affect mental, physical and social well-being.
15 minutes	<p>Plenary 1 - Pairs share their posters with another pair, each taking 5 minutes to present their findings and compare similarities.</p> <p>Plenary 2 – Kahoot.it quiz</p> <p>Use iPads to access the quiz entitled *** (PIN: ****) in public area to complete the quiz in a competitive setting to demonstrate knowledge and understanding from lesson. (5 minutes)</p> <p>Homework – issue to group.</p>	Individual or Pair task	Most students will be able to apply their knowledge and understanding by relating the benefits to health and well-being from different sports examples.

Further work and reading

Extension

Students can make a diary entry for the 'daily routine' to measure the activities they do on a typical day that are positive for their physical, social and mental well-being.

Preparation for next lesson

Teacher: To build on today's lesson, progressing the knowledge and understanding of exercising for health and well-being and planning to introduce the concept of fitness.

Student: To complete homework task for next lesson, which will form the starter activity task.

Homework

Create a questionnaire to use with four people you know so that you can measure the reasons why they take part in physical activity. You should include at least six questions and remember to plan the questions to cover physical, social and mental reasons, such as:

- Do you take part in sport to meet new people? (Social)
- Do you exercise to lose weight? (Physical)
- Do you exercise because you enjoy it? (Mental)

(This task will form the starter activity for next lesson to discuss the results)

Missing word task (Easier challenge)

Complete the following sentences using the words in the letter bank to help you.

Physical well being

Physical health and well-being is having body _____ that work well and being free from illness and disease. Physical activity can support you to have positive physical health by:

- Development of positive _____ function.
- Improved efficiency of body _____ and cardiovascular systems.
- Reduced risk of some illness, including type 2 diabetes.
- Ability to perform _____ tasks such as walking up/down the stairs.
- Reduced risk of _____.

obesity	everyday	heart	systems	respiratory
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Mental well-being

Mental health and well-being is being able to cope with the normal _____ of life, working productively and making a _____ to your community. Physical activity can support the development of your mental well-being by:

- Keeping _____ from stress/tension.
- Releasing feel good _____ within the body, such as serotonin and endorphins, released during exercise that contribute to happiness.
- Ability to control _____, such as anger and frustration.

emotions	contribution	stresses	free	hormones
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Social well-being

Social health and well-being is having all your _____ needs met as a human being, such as clothes, food and shelter. Exercise can support the development of your social well-being by:

- Offering _____ to _____/make new friends.
- Improving your cooperation _____.
- Improving your _____ skills.

teamwork	skills	socialize	opportunities	basic
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Missing word task (Harder challenge)

Complete the following sentences using the words in the letter bank to help you:

Physical well-being

Physical health and well-being is having body _____ that work well and being free from illness and disease. Physical activity can support you to have positive physical health by:

- Development of positive _____ function.
- Improved efficiency of body _____ and cardiovascular systems.
- Reduced risk of some illness, including type 2 diabetes.
- Ability to perform _____ tasks such as walking up/down the stairs.
- Reduced risk of _____.

Mental well-being

Mental health and well-being is being able to cope with the normal _____ of life, working productively and making a _____ to your community. Physical activity can support the development of your mental well-being by:

- Keeping _____ from stress/tension.
- Releasing feel good _____ within the body, such as serotonin and endorphins, released during exercise that contribute to happiness.
- Ability to control _____, such as anger and frustration.

Social well-being

Social health and well-being is having all your _____ needs met as a human being, such as clothes, food and shelter. Exercise can support the development of your social well-being by:

- Offering _____ to _____/make new friends.
- Improving your cooperation _____.
- Improving your _____ skills.

teamwork	hormones	heart	free	emotions
obesity	skills	socialise	opportunities	basic
respiratory	contribution	stresses	systems	everyday

Social well-being scenario

Jimmy's school encouraged him to join a local tennis club, based on his high levels of performance in lessons. Mr Example believed this would help develop his social skills and overall well-being.

When Jimmy started at Brooklands Tennis Club just over a year ago, he was very shy and had few friends. He's attended training sessions three times a week and has gained high level tennis skills. He trains with seven other young lads. They've just completed fundraising activities to help pay for their forthcoming tour to France. Jimmy originally only wanted to play singles tennis, but he's become captain of the Junior Doubles Team.

Jimmy is now a confident boy, with lots of new friends. Not only has joining the club improved his tennis, it's also developed his social skills.