

Gleniffer PE Health and Wellbeing Guide



Introduction

As we are going to be off school for a significant period, this document has been created to help you stay physically active and will also support your mental wellbeing.



Physical Activity

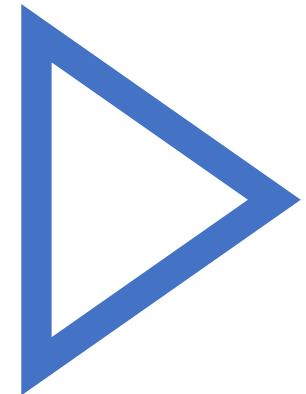
Children and young people need to do 2 types of physical activity :

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least **60 minutes of moderate intensity physical activity a day**
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.

<https://www.nhs.uk/live-well/exercise/physical-activity-guidelines-children-and-young-people/>



Moderate Activity

Examples of moderate intensity activities:

- walking
- riding a scooter
- skateboarding
- rollerblading
- walking the dog
- jogging
- [cycling](#) on level ground or ground with few hills

There are other activities, but they are not possible to do during these times

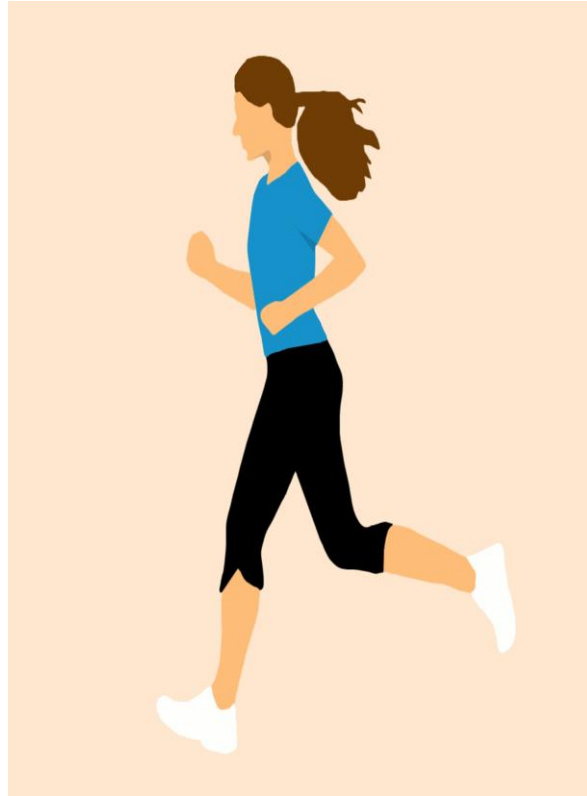




What activities strengthens bones and muscles?

- Football
- Basketball
- Dance
- Resistance exercises with exercise bands, weight machines or handheld weights
- Aerobics
- Running
- Badminton
- Skipping with a rope
- Martial arts
- Sit-ups, press-ups and other similar exercises

A reminder that you should still follow social distancing guidelines if doing some of these activities!



Couch to 5k

- <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>
- This programme is designed to help improve your running ability.
- Please click on the link to check it out!

10 minute Workouts

- Click on the links below to access different workouts looking at specific muscle groups and cardio.
- <https://www.nhs.uk/live-well/exercise/10-minute-abs-workout/>
- <https://www.nhs.uk/live-well/exercise/10-minute-upper-arms-workout/>
- <https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>
- <https://www.nhs.uk/live-well/exercise/10-minute-legs-bums-tums-home-workout/>



The Body Coach

- On this website you will find free home work outs.
- Every weekday morning from 9am there is a live 'PE' lesson designed to keep you active. ***If you miss this, you can catch up!***
- <https://www.youtube.com/c/thebodycoach>
[htv](#)



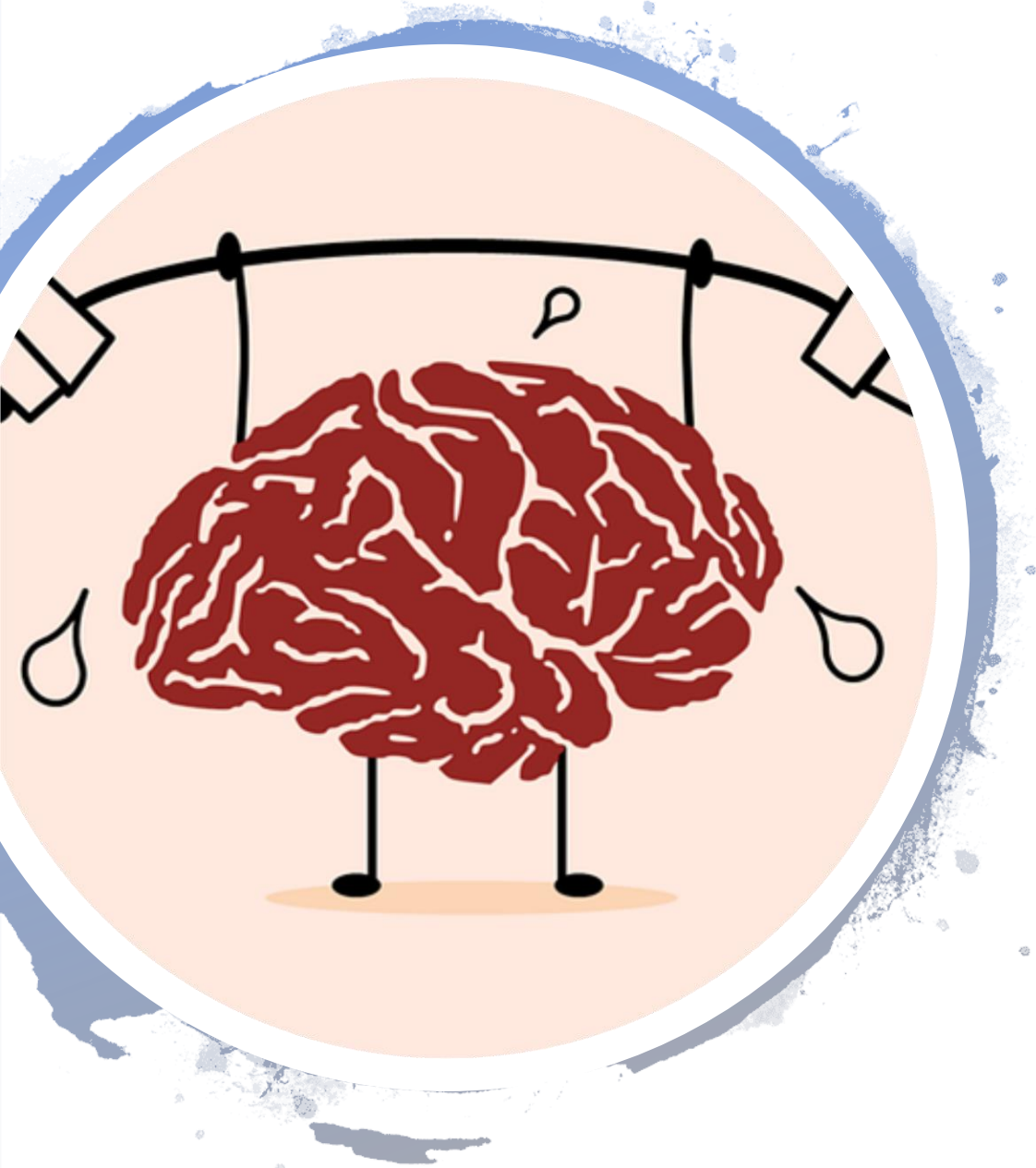
Football

- Click the links below to access some football challenges and individual drills to improve skills.
- <https://www.youtube.com/watch?v=z7jP3moQi9c>
- <https://www.youtube.com/watch?v=uQm7c7kLZds>
- <https://www.youtube.com/watch?v=t87J9hITaFc>



Dance

- Click the link below to access free Dance tutorials from Diversity.
- You can also find lots on YouTube!
- <https://20dv.co.uk/>



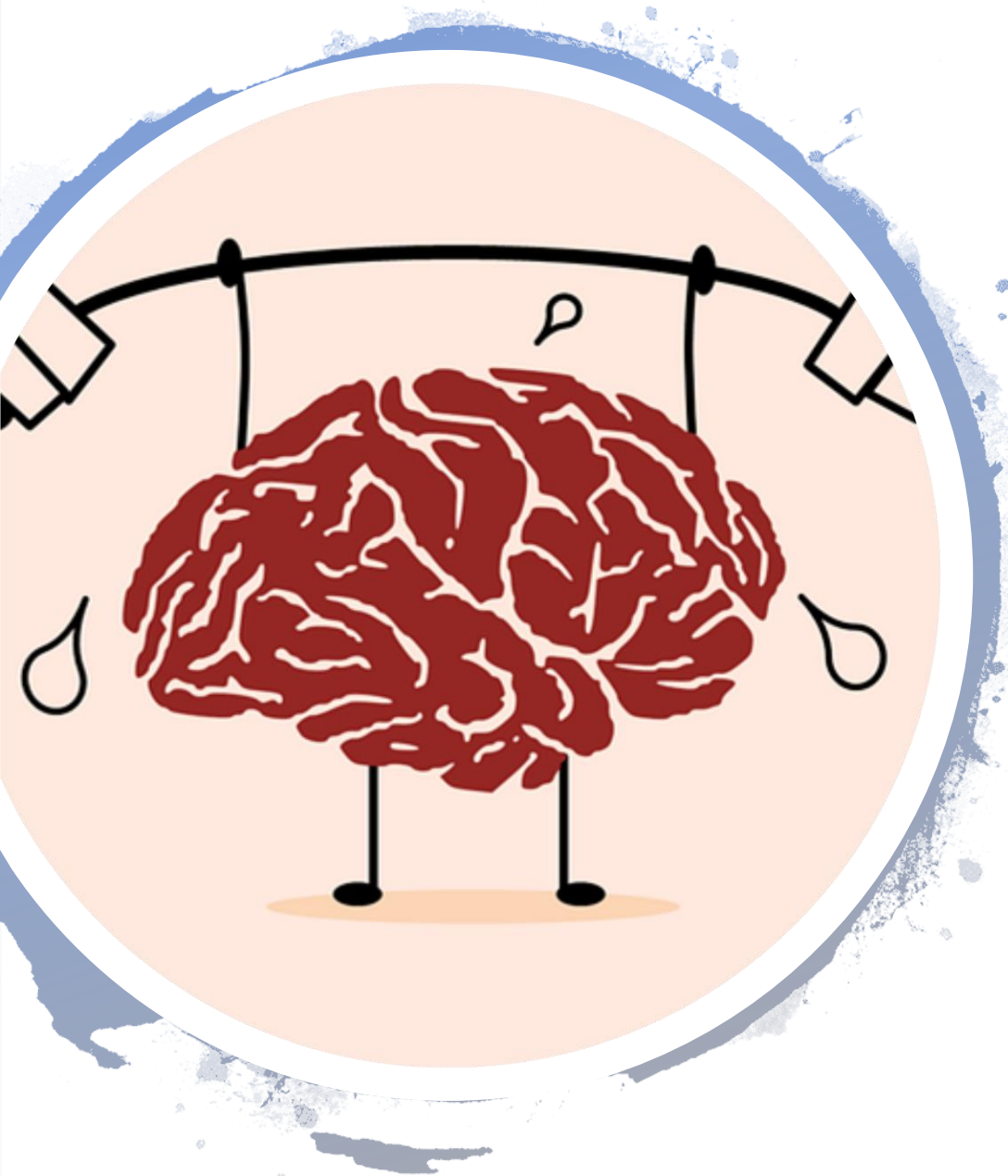
Mental Health and Wellbeing

- It's also important that you look after your mental health and wellbeing while you are at home.

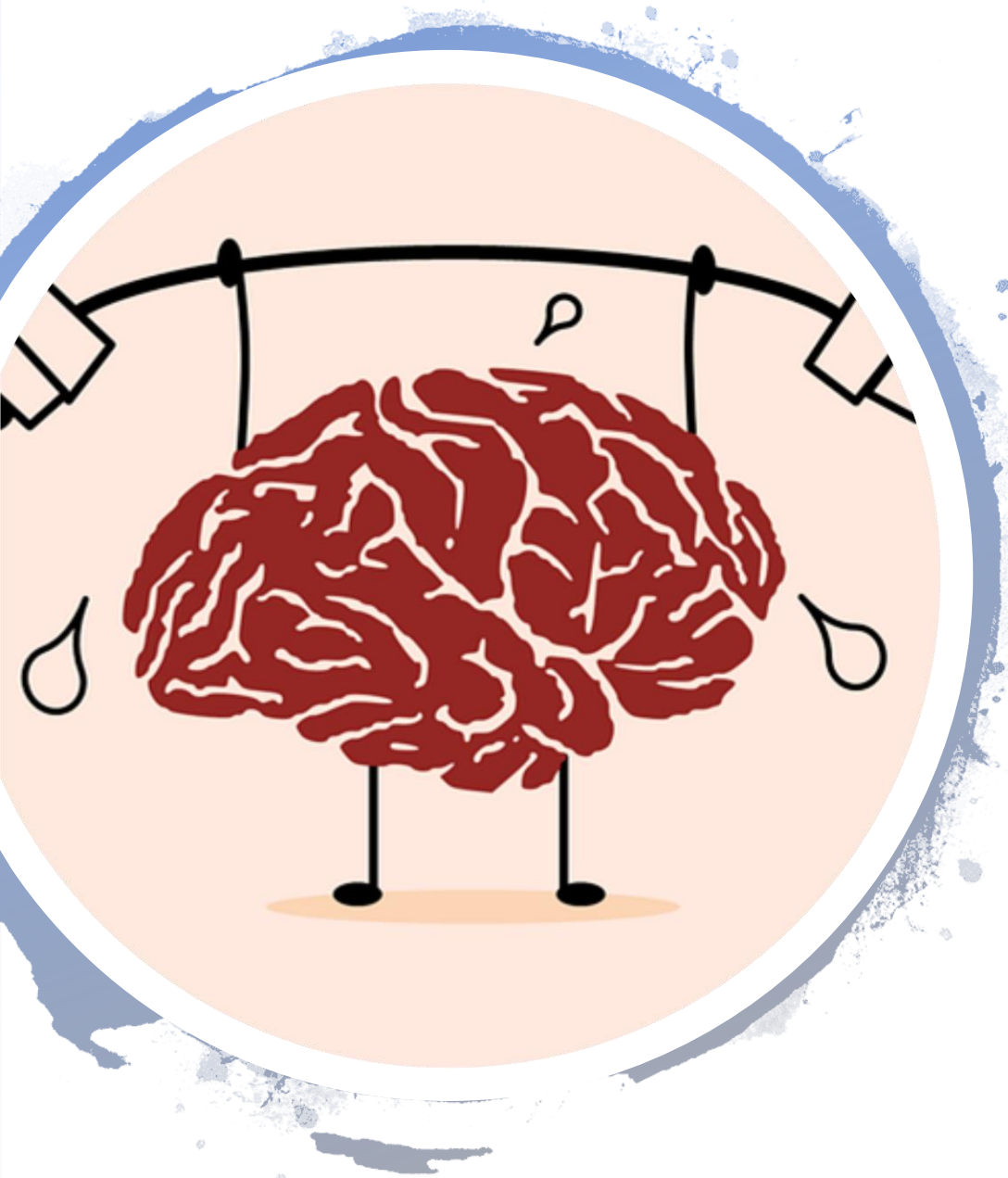
What is Mental Health and Mental Wellbeing?

Mental health has a personal meaning for every individual. Here are some definitions of different aspects:

- **Mental wellbeing:** a term that includes life satisfaction and how we feel about ourselves. This covers a range of things such as sense of control, having a purpose in life, a sense of belonging and positive relationships. Mental wellbeing can be experienced despite having a diagnosis of a mental health problem – in this respect mental health can be considered as two intersecting continua, mental wellbeing and mental health problems.
- **Mental health:** used as an umbrella term to refer to both mental health problems and mental wellbeing.
- **Mental health problems:** a term that refers to symptoms that meet the criteria for clinical diagnosis of mental health problems. Examples include depression, anxiety and eating disorders.



Mental Health and Mental Wellbeing



There are several different ways to do this and it's important to remember that different approaches will work for different people!



Connect

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



Connect

- If possible, take time each day to be with your family, for example, try arranging a fixed time to eat dinner together.
- Switch off the TV, put down your phone or turn off your Xbox to talk or play a game with your siblings, friends or family.
- Make the most of technology to stay in touch with friends and family. Video-chat apps like Skype and FaceTime are useful, especially if you live far apart and during these times.



Connect

- Do not rely on technology or social media alone to build relationships. It's easy to get into the habit of only ever texting, messaging or emailing people – give someone a call 😊
- Don't break social distancing rules in order to connect.



Be physically active

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- [raising your self-esteem](#)
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



Learn new skills

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and [raising self-esteem](#)
- helping you to build a sense of purpose
- helping you to connect with others

Remember to keep checking Twitter and Show My Homework for your different subjects and any other resources your teacher has given you for home learning!!!



Learn new skills

- Try learning to cook something new. Find out about [healthy eating and cooking tips](#).
- Work on a DIY project, such as fixing a broken bike, garden gate or something bigger. There are lots of free video tutorials online.
- Try new hobbies that challenge you, such as writing a blog, reading or learning to draw or paint.



Be kind to others

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.

Be kind to others

Some examples of the things you could try include:

- saying thank you to someone for something they have done for you
- asking friends, family or colleagues how they are and really listening to their answer
- spending time with friends or relatives who need support or company
- offering to help someone you know with DIY or a work project
- volunteering in your community, such as helping at a school, hospital or care home
(this might be difficult in the current situation)



Anxiety



- During this period some people may experience some nerves, distress or anxiety. Nerves are normal and can be a normal response to a variety of situations.
- Anxiety is a stronger feeling of unease, worry or fear.
- Watch the video below to gain a better understanding of this.
- https://www.youtube.com/watch?v=kyG9HG4kJI4&feature=emb_title
- The next few slides provides some strategies to deal with this.



Mindfulness

- Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.
- Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges. It can also help combat anxiety, low mood and depression.
- Read more about [mindfulness](#), including steps you can take to be more mindful in your everyday life.



Deep Breathing

- This is a recognised approach used to deal with anger and fear and can help keep you calm in times of stress.
- You can practice this anywhere.
- The more you practice, the more natural it will become.



Deep Breathing

1. Close your eyes. Alternatively, you can keep your eyes open (and eventually you likely will) but closing your eyes helps you to focus on the mechanics of breathing and voids distraction.
2. Place one hand on your stomach and the other on your chest.
3. Take a few breaths as you normally would. Your stomach should rise and fall with every breath in (inhalation) and every breath out (exhalation)
4. Continue to take deep breaths, concentrating on only moving your belly. Breathe in for 3 and out for 5 (roughly)
5. Continue until you are calm.

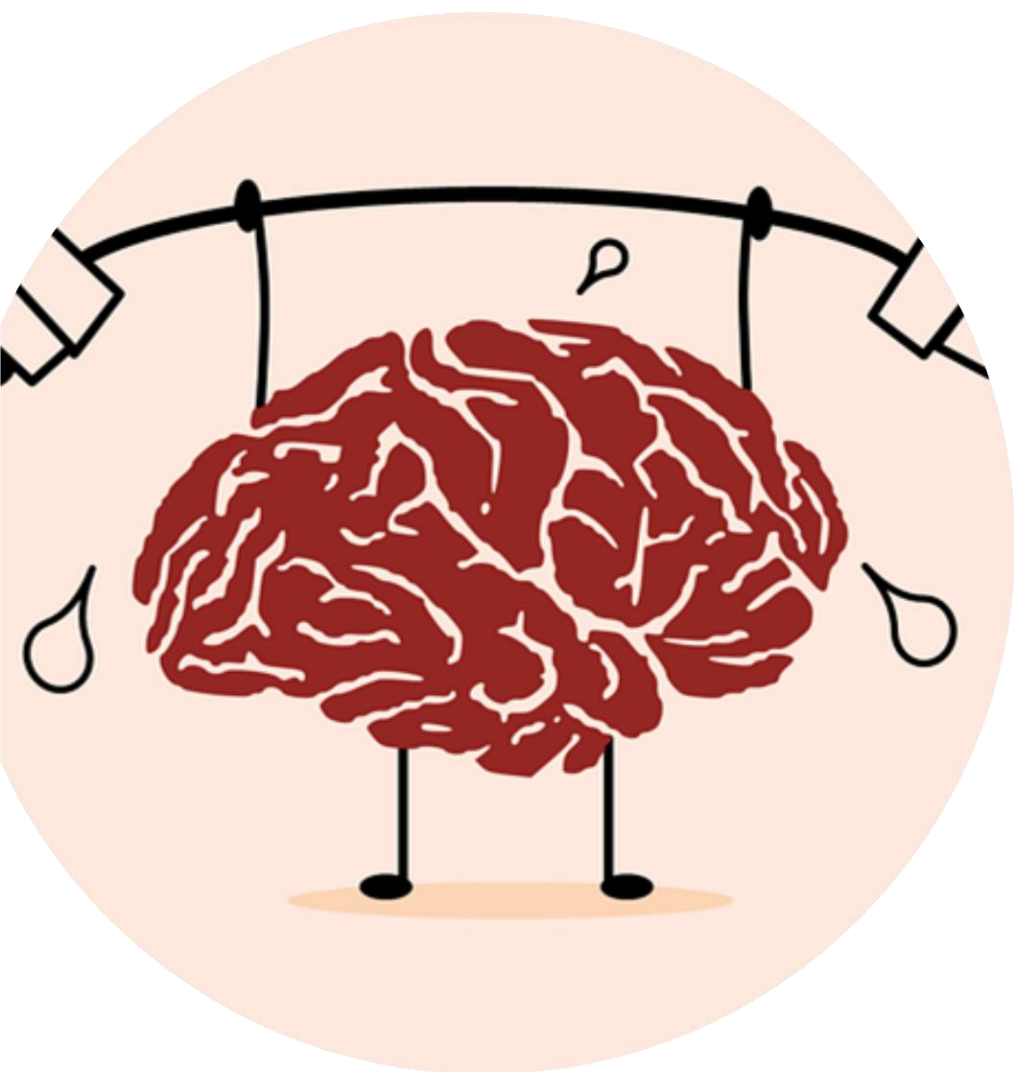


Apps to help

- <https://drive.google.com/file/d/1kz83VqeX95EURNVJZhNZP2XU-hRWzoeQ/view>
- The link above has a recommendation of apps to help you deal with anxiety, stress and some other aspects of life.

Thanks to Lanark Grammar School

<https://sites.google.com/prod/sl.glow.scot/lgswellbeingpack/anxiety>



Useful Links

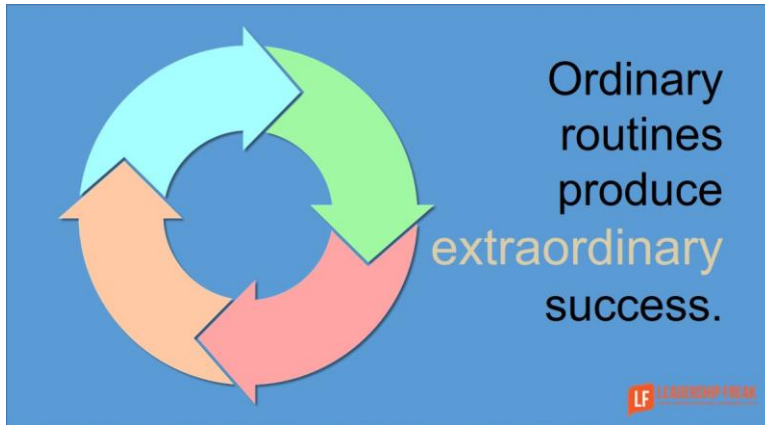
- <https://www.nhs.uk/using-the-nhs/nhs-services/mental-health-services/camhs-information-for-children-and-young-people/>
- <https://youngminds.org.uk/>
- <http://www.actionforchildren.org.uk/support-for-parents/children-s-mental-health/how-can-you-help-with-children-and-young-peoples-mental-health/mental-health-resources-and-information/>



Stay busy

- It's important that develop some sort of routine whilst being off.
- You should plan your day – including school work, time for physical activity, meals and time for yourself (read, Netflix, Xbox etc).
- Keeping busy and accomplishing things with your day will give you a sense of fulfilment.
- On the next page are various resources to help you plan.

Stay busy



- To do list - https://drive.google.com/file/d/1mDw0jbixJd_ju12wmJCVTqYrukipVH-T/view
- An example of a daily routine - https://drive.google.com/file/d/1OQcMNIUKn_WCOW_EYfRbkAbRxp594rVZ/view
- Set goals – list things you want to achieve with your day and tick them off as you complete!

Thanks again to Lanark Grammar School

<https://sites.google.com/prod/sl.glow.scot/lgswellbeingpack/how-to-plan-your-day>

Nutrition/Diet

- While you're off, don't get lazy and don't gorge on junk food!
- A packet of crisps or a bar or chocolate is not suitable for breakfast lunch!





Nutrition/Diet

Eating a healthy, balanced diet is an important part of maintaining good health and can help you feel your best.

- This means eating a wide variety of foods in the right proportions and consuming the right amount of food and drink to achieve and maintain a healthy body weight.
- Please see this link for advice on achieving a healthy and balanced diet.
- <https://www.nhs.uk/live-well/eat-well/>

People with special dietary needs or a medical condition should ask their doctor or a registered dietitian for advice.

Screen Time

- *Don't be glued to your phone, Ipad, tablet or other electronic device during this time.*
- **This is not healthy!!!**
- Whilst you may need these devices to stay connected during this time you should take regular breaks.
- They should not interfere with things like exercising, sleep or other behaviours essential to a healthy lifestyle.



Screen Time

Eight screen time tips from the UK Chief Medical Officer

- **Sleep** - leave phones outside the bedroom and get enough good-quality sleep
- **Education** - make sure that children follow their school's policy on screen time
- **Safety** - advise children to put their phones away while crossing the road
- **Family time** - put screens away at mealtime
- **Sharing sensibly** - parents and carers should never assume that children are happy for their photos to be shared; when in doubt, don't upload
- **Keep moving** - get up and move every couple of hours after spending time sitting or lying down using a screen
- **Talk** - make sure children know they can always speak to you or a responsible adult if they feel uncomfortable with screen or social media use
- **Tracking** - make use of device or platform features that track how much time is spent using screens or social media.



Screen Time

Click the link below to access a list of apps that help you limit your screen time

<https://www.digitaltrends.com/mobile/best-apps-for-limiting-your-screen-time/>



Sleep



- A good night's sleep is vitally important for your wellbeing.
- Maintain regular sleeping hours. This programmes the brain and internal body clock to get used to a set routine.
- ***Teenagers need 8-10 hours of sleep each night.***
- It is also important to try and wake up at the same time every day. While it may seem like a good idea to try to catch up on sleep after a bad night, doing so on a regular basis can also disrupt your sleep routine.
- <https://www.nhs.uk/live-well/sleep-and-tiredness/sleep-tips-for-teenagers/>

Winding down before sleep...



Consider:

- a warm bath (not hot) will help your body reach a temperature that's ideal for rest.
- writing "to do" lists for the next day can organise your thoughts and clear your mind of any distractions.
- relaxation exercises, such as light [yoga stretches](#), help to relax the muscles. Do not exercise vigorously, as it will have the opposite effect.
- relaxing music
- reading a book or listening to the radio relaxes the mind by distracting it
- ***avoid using smartphones, tablets or other electronic devices for an hour or so before you go to bed as the light from the screen on these devices may have a negative effect on sleep***

Acknowledgements

- NHS
- St Margaret Mary's Secondary
- Allan Campbell @ Lanark Grammar
- Ryan McGinley @ Kilsyth Academy
- <https://www.digitaltrends.com>
- <https://www.youtube.com/c/thebodycoachtv>

For more tips on staying active and looking after your wellbeing please follow:

@Gleniffer_PE

@GlenifferHigh

@Gleniffer_PS

Remember to keep checking Show My Homework for updates too.

