



## Lesson Plan GOOD HEALTH & WELL BEING

Time Allocation

45 mins



Age Range

10-14

*“Exploring is the driving force behind humankind.”* Kate Leeming

### Learning Outcomes:

- To determine what is considered good health.
- To find ways to practice good health.
- To explore and remind about the importance of looking after yourself

<https://www.globalgoals.org/>

### LEARN

Kate’s ride along The Skeleton Coast is in preparation for her South Pole Expedition. Like with the Finke River expedition, cycling in sand is excellent physical and mental preparation for Antarctica. Negotiating soft, unstable surfaces requires immense core strength and concentration. Different techniques are used compared with cycling on regular paved and gravel surfaces.

This lesson focuses on SDG # 3 Good Health & Well Being

What is this goal all about?

<http://bit.ly/2VsbnpV> Global Goals

Goal- aims to ensure healthy lives and promote wellbeing for all at all ages





## Breaking the Cycle Education – Namibia Expedition

### THINK

Activity: Expedition Health & Well Being. Kate's health and wellbeing are both vital for the success of each expedition.

What things do you think are vital for Kate to remain healthy and happy whilst she is riding in such difficult terrain? How do you think she would overcome challenges? Discuss.

Kate's Expedition through Namibia involves perseverance, determination, core strength and concentration. Good Health & Wellbeing is vital for a successful expedition. What do you do to maintain your Health and Wellbeing? Apart from food, water, sleep- what contributes to your wellbeing

e.g. playing sport, music, walking along the beach, cuddling your cat, perhaps singing a song, protecting the planet or being with family & friends.

What do you do for your balance?

### FEEL:

Ask the students to Create a mind map with themselves in the middle. Each branch takes it into further detail. What makes you happy?

### ACT:

Walk, run, ride to school.

It's good for your mind, body and environment.

Are you a Goalkeeper? <https://wllgoalkeeperme.globalgoals.org/>

Conclusion Activity: Invite students to share their ideas on this



<https://flipgrid.com/75f39e39>

Add yourself to the map on the Home Page <http://www.breakingthecycle.education>