


Student brief: Group 2

Your task is to produce a 40 minute lesson plan for teachers to use with 11-14 year olds teaching them about some of the positive and negative impacts of physical health on mental health.	
You will need to:	
1. Choose a topic from the list below.	
2. Split into two or more groups and spend some time researching that topic – at least one group focusing on the positive, and at least one other the negative aspects of the topic.	
3. Decide on up to 5 key points/messages you want other young people to learn about your topic.	
4. Design and write up 20 mins of activities to get those messages across.	
5. Get back together as a whole group and pull all the activities together. Write an introduction and a conclusion to your lesson, and give your lesson a title.	

Choice of topics	
Food	<p><i>E.g.</i></p> <ul style="list-style-type: none"> - <i>What chemical reactions happen when we eat certain foods?</i> - <i>How do these affect our brain?</i> - <i>Why do these make us feel better/worse?</i> - <i>How does hydration affect the brain?</i> - <i>Does the time of day affect what we eat?</i> - <i>Are certain foods good for sleep?</i> - <i>Are snacks a good idea?</i> - <i>What are the effects of restricting diets or consuming certain supplements e.g. protein shakes, fat strippers?</i> - <i>Why do some people do this?</i> - <i>How are health products advertised to teenagers?</i>
Health gadgets/apps and/or fashion	<p><i>E.g.</i></p> <ul style="list-style-type: none"> - <i>What are the positives to using a Fitbit, calorie counter or app (like Strava) on your phone?</i> - <i>How are gadgets like these (or watches, Wii consoles etc) advertised to young people?</i> - <i>How do they affect what you do and feel about yourself?</i> - <i>How much pressure is there to have one?</i> - <i>Is there pressure around having the 'right' trainers and kit? If so how can you handle this?</i>
Elite sports persons as role models	<p><i>E.g.</i></p> <ul style="list-style-type: none"> - <i>How are people such as Naomi Osaka and Jake Daniels positive/negative models?</i> - <i>How does the press/social media portray them?</i> - <i>What's the effect of them being 'the face' of certain products or brands?</i>