


### Student brief: Group 3

Your task is to produce a 40 minute lesson plan for teachers to use with 11-14year olds teaching them about some of the <b>positive and negative impacts of physical health on mental health.</b>	
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 message 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	
Physical exercise	<p><i>E.g.</i></p> <ul style="list-style-type: none"> <li>-What chemical reactions happen when we exercise?</li> <li>-How do these affect our brain?</li> <li>-Why do these make us feel good?</li> <li>-Can you get addicted to exercise?</li> <li>-Is too much exercise a bad thing?</li> </ul>
Body image	<p><i>E.g.</i></p> <ul style="list-style-type: none"> <li>-Media influencers in the sporting world and body dysphoria.</li> <li>-The 'need' for a six pack.</li> <li>-Campaigns like 'This Girl Can' or 'Let Us Play'.</li> <li>-The effects of over exercise and/or (in extreme circumstances) steroids?</li> <li>-How sportspeople portrayed on social media contributes to what we think about our own bodies.</li> </ul>
Competitive and team sports	<p><i>E.g.</i></p> <ul style="list-style-type: none"> <li>-What does it means to be part of a team? – How does camaraderie, peer support affect our mental health?</li> <li>-Is competitive sport good for us?</li> <li>- How can we cope with the pressure of performing well?</li> </ul>