

Health and Wellbeing Indicators

- Every week we will focus on one of the eight HWB indicators so that we are healthy, active and connected during our time off school.
- The eight HWB indicators are:
 - Safe
 - Healthy
 - Active
 - Nurtured
 - Achieving
 - Responsible
 - Respected
 - Included



Complete the challenges and record your progress!

The pupils and staff at Leith Academy need to stay connected during isolation so send in videos of you completing challenges or post what you have done on the teams page!

We will post on the Leith PE twitter page and let you know how we're doing, so post back!

WEEK 1 – HEALTHY

- Ensure you are prioritising your mental and physical health at all times!
- Monday: Stay healthy - Eat 5 different fruit and vegetables.
- Tuesday: Stay active - Complete 30 minutes of physical activity.
- Wednesday: Stay hydrated – go for a long walk and drink 2 litres of water.
- Thursday: Stay creative – make an indoor workout for you and anyone in your family who will join you!
- Friday: Stay connected – phone a relative or play a game of any kind with a family member.

Week 2 – Active

- Ensure you are prioritising your mental and physical health at all times!
- Monday: Run and time your fastest 1km!
- Tuesday: Find a workout that lasts no more than 30 minutes on YouTube and complete it – cardio, strength-based, zumba, yoga...whatever you like!
- Wednesday: Walk at a healthy pace for at least 40 minutes.
- Thursday: Practice your favourite sport. However you can – be creative!
- Friday: Run and time your fastest 1km! Beat Monday!