



## 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 3 - Achieving

- Monday: Achieving – Set a goal that you think you can achieve by the end of the week!
- Tuesday: Achieving – Set a target of minutes that you can be active for today e.g. I'm going to be active for 45 minutes today!
- Wednesday: Achieving – Go to the school website and complete AT LEAST ONE of the sporting challenges that have been uploaded by teachers!
- Thursday: Achieving – Challenge yourself to do something you haven't done before e.g. I'm going to bake a lemon cake!
- Friday: Achieving – Complete the goal that you set on Monday. Whether or not you are successful, send in your attempts!

# Week 4 - Nurtured

- Monday: Nurture – Eat breakfast! No matter what you do today, eat a good, full breakfast within one hour of waking up!
- Tuesday: Nurture – Go for a long walk with a member of your household. If possible, use big open spaces.
- Wednesday: Nurture – Take 20 minutes to be calm today. Use breathing exercises I have posted on Teams or just find a place where you can relax.
- Thursday: Nurture – Stay in touch with your friends by organising a voice/video call with at least one friend.
- Friday: Nurture – Look after yourself by doing one form of activity today. However you want to be active is up to you.