

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 7 –Included

- Monday: Included – See a relative who you haven't seen for a while. Uncles, Aunties, Cousins etc.
- Tuesday: Included – Teach someone in your household something new – a dance, a craft, anything you like!
- Wednesday: Included - Say thank you to someone who has made your life easier in lockdown. Write a letter, send a tweet, call them!
- Thursday: Included – Make a gift and give it to someone in your household – can be anything!
- Friday: Included – Play games with people in your household and/or one other household!



Week 8 - Safe

- Monday: Safe – Be active in some way while keeping with social distancing. Jogging, cycling or something else!
- Tuesday: Safe - Be active with another household while keeping with social distancing. Crossbar Challenge, shooting hoops etc.
- Wednesday: Safe - Check up on one of your friends you haven't seen in a while!
- Thursday: Safe - Get someone else in your house to help you as you take on one of the HE home learning tasks!
- Friday: Safe – Help the adults in your household with a task today. Take in the shopping, wash the dishes, something to say thank you to them for keeping you safe and healthy!