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| ***Health and Physical Education Year 10 Hauora Workbook*** |
| *Over the next 4 weeks, you will need to complete the following 12 tasks. You are allowed to use your family members, and the internet to help you achieve this. Read each task, if there is a resource needed, it has been attached in number order. You can complete them in any order if you wish.* |
| 1. *Create a history road.*

*Moments in your life that has made you the person you are today: Heritage, Hobbies, Travel stories, Pets, Friendships etc**Add a traffic light system.* * *Green light: Significant moment in your life*
* *Yellow light: What you’d like to do in the future*
* *Red light: A difficult moment or challenge you had to face in your life*
 | 1. *Understanding Hauora*

*Read and complete Worksheets 1 and 2 to refresh your memory on Hauora. Complete all tasks on the worksheets.* *Using Worksheet 3 name 8 different aspects, factors that relate to each dimension of Hauora* | 1. *Design a poster on A4 or A3 paper, otherwise using powerpoint/ word etc based on Hauora and the 4 dimensions, draw or use pictures to create a visual poster*
 | 1. *Reflect on yours and your whanau’s hauora during this isolation period. list 2 ways, for each dimension, how your hauora has been affected and provide some ideas on how your whanau can maintain positive taha tinana, taha hinengaro, taha whanau, and taha wairua during this time.*
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| 1. *What is physical activity?*

*Read and complete Worksheet 4, 5, 6 & 7 to gain an understanding of what physical activity is and how it relates to hauora.*  | 1. *Improve your fitness.*

*Using Worksheet 8 , over a 4 week period work to improve your fitness. This will involve identifying a fitness goal and keeping a training log.* | 1. *Choreograph a dance (minimum 30 seconds). You are required to lead and teach this dance to 2 other people in your whanau (1 older, 1 younger). The dance is to be recorded and given to your teacher upon your return to school. You are encouraged to be:*

*Be a positive and motivating leader. Be creative and original in your dance. Include a range of different movements* | 1. *Learn an advanced skill from below*
* *Handstand*
* *Juggling*
* *Juggling with a soccer ball*
* *Dropkick*
* *Spiral pass*
* *Cartwheel*

*Record video evidence of you completing these skills.* |
| 1. *Basic Nutrition*

*What is food and nutrition?**Read and complete**Worksheets 9, 10 & 11* | 1. *Food log*

*Using the food log provided, keep a log of what you consume throughout the week**Breakfast, Lunch, Dinner, Snacks, Liquids etc* *Reflections: Healthy choices, Unhealthy choices, Modifications (What can I change)* | 1. *Read and complete the whanau workout challenge.*

*Design a customized exercise plan for you and your whanau.* *Discuss/explain to your whanau member how this has had an impact on your hauora* | 1. *Read and complete the whanau workout challenge.*

*Design a customized exercise plan for you and your whanau.* *Use this template to reflect on barriers and strategies and how you could use it to develop your personal fitness and performance.* |