

Health and Social Care Challenge

- You have **two** challenges per week.
- Every student who completes all 12 challenges will win a prize!
- Each week - Miss Mack will judge the winning challenge(s) and award a prize to the winning entry. Good luck everyone!

Entries / photo evidence to be uploaded to health and social care **Microsoft Teams** page or on our **Twitter** page - @HHhealth2020

Week	Theme	Challenge 1	Challenge 2
27A (wc 30/03)	Mindfulness	Create a diary entry for a lifestyle magazine on how the lockdown is affecting a person's PIES - both positively and negatively. This can be based on your own experiences, or on a case study.	Take part in a 'Yoga with Adrienne' youtube video. Explain the PIES benefits.
28B (wc 20/04)	Physical health	Plan and make a healthy breakfast for your family to boost nutrition and mental health. Take a photo! <i>Super challenge: Caption with nutritional benefits.</i>	Design a piece of health promotion (video, poster or leaflet) to encourage proper hand washing techniques.
29A (wc 27/04)	Mental health (mental health week)	Choose a film that always makes you feel good and watch it. Write a film review.	Try a mindfulness meditation app/video. Explain the PIES benefits. <i>Super challenge: Create your own.</i>
30B (wc 04/05)	Intellectual health	Create your own crossword on key terms in health and social care. (Use an online crossword generator)	Download a podcast and listen. Write down 5 interesting facts. <i>Super challenge: Have a go at making your own!</i>
31A (wc 11/05)	Social health	Design your own board game and play with members of your household. Upload a photograph.	Create a poster to advertise your board game. Don't forget to include PIES benefits.
32B (wc 18/05)	Physical health	Plan and make a healthy lunch for your family to boost nutrition and mental health. Take a photo! <i>Super challenge: Caption with nutritional benefits.</i>	Lead an exercise session with family - write a set of instructions. Take a photo if you can!

Next set of challenges to be uploaded after May half-term - good luck everyone!