

Focus

Many young people are living unhealthy lives with poor diet and inadequate amounts of exercise, unless remedied this will have an adverse effect on their long term general health.

Research carried out by Ofcom (2017) have found that 83% of young people aged between 12 and 15 years own a smartphone. With a generation of young people adept at using digital resources, it is vital that teachers incorporate creative and imaginative opportunities for pupils to improve their physical health and wellbeing whilst using technology that is widely available to them at any time.

Zombies, Run! – Increase levels of exercise

Rationale

Zombies, Run! Used as a creative alternative for exercising as well as providing important literacy and numeracy opportunities for pupils.

“Wales has the highest childhood obesity level in the UK; a quarter of children in Wales have a body mass index classified as overweight or obese compared to a fifth of children in England.”
Public Health Wales 2015.

Pros and Cons

- Pupils are motivated to run by the gaming aspect of the app.
- Lots of reading involved and opportunities to develop literacy activities based on missions.
- Opportunities for use of data handling for numeracy.
- Progress can be shared with others for competitive means.
- Can motivate pupils to use out of school.
- Can act as a social tool for young people out of school.
- Suitable for ages 12+ only.
- Requires a subscription after an initial free period.
- Some pupils may not enjoy the theme.

Impact

Pupils will be reading for fun whilst playing a “game” that encourages running. Pupils will analyse their own numerical data, being able to see distances and times they have run. More engagement in class from reluctant learners with the app being used in planning as part of a thematic approach.



“Fun or enjoyment is considered one of the most important reasons that children and adolescents become involved and to continue to participate in physical activity”.
Eather et al. 2011

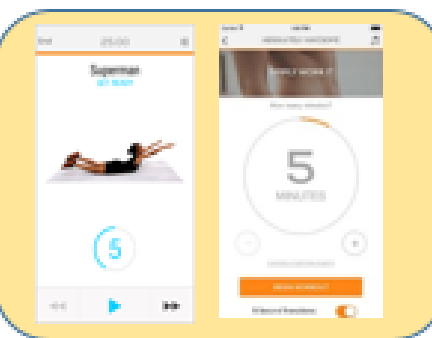
SWORKIT KIDS – Increase levels of exercise

Rationale

SWORKIT KIDS provides an ideal opportunity for young people to engage in exercise in a time suitable for them.

Pros and Cons

- Free and simple to use on tablets and phones.
- Fitness levels can be matched to the ability of the pupil.
- Cross curricular opportunities.
- Improvements in fitness levels easy to measure for use in numeracy tasks.
- Workouts can be designed to last from 5 – 60 minutes.
- Can help develop social skills during exercises.
- Some pupils may be reluctant to participate.



Impact

Exercise may improve general mood of the young person which may then have a positive effect on their behaviour. Young people will become more active on a daily basis.

Rationale

Pros and Cons

Impact

FOOD SCANNER – Reduce sugar intake (improve diet)

Food scanner app can be used to monitor the sugar levels in foods with the aim of educating young people about sugar levels in food and drink.

- Easy to use at home and school.
- Displays sugar contents of foods in a more visually appropriate manner for pupils.
- Cross curricular opportunities.
- Non – intrusive way of educating families about sugar content in food and drink.
- Free to use.
- Some pupils may have difficulty monitoring sugar intake whilst at home.

- Pupils (and parents / carers) more aware of the sugar contents of some foods and the health impacts it has on the body.
- Possible decrease in the amount of sugar the young person (and their family) consume on a daily basis.
- The desire to seek healthier alternatives of food and drink that contain less sugar.

Health and Wellbeing

Needs to be engaging for pupils

A study by the British Medical Journal has found that of 203 different juice drinks aimed at children, 64 percent contained at least half of a child's recommended daily sugar intake, while 42 percent contained a full day's recommended amount of sugar.
British Medical Journal 2015.

Needs to be relevant and link problem solving in to real life situations

Improving Health and Wellbeing using a digital platform

Has to be easy to adapt and use

Fullan, M and Donnelly, K. (2013)

Needs to be widely available at all times

“Research has suggested that participating in moderate-intensity exercise, such as self-paced walking, for as little as 10 min can be sufficient to observe a beneficial change in mood.”
Anderson et al. 2011

References:

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