

# BOWHILL

## HOUSE & COUNTRY ESTATE

### Health & Wellbeing – Second Level. (Bridge Building)

WALT – understand how food gives our body energy

WILF - is teamwork, a 'can do' attitude, for you to encourage and support each other in discussing how to solve a problem, and for you to make good food choices.

Experiences	Outcomes
Physical education	HWB 204C, improve skills and develop control and flow through physical experiences
Co-operation and competition; interpersonal skills	HWB 206E, experience enjoyment, challenge and a degree of success and can implement ways to improve. HWB 207F, demonstrate tactics and strategies to achieve goals
Physical activity and sport	HWB 211K, links between physical activity and energy

#### Aims & objectives

- Practise and improve skills, in particular developing control and flow
- Overcome a practical problem, through discussion and practical teamwork

#### Resources

- Planks of wood
- Measuring tape
- Dry ditch/piece of ground where the children have to cross something
- Selection of foods

#### Method

- Give the children a practical problem to solve,(building a bridge) discuss with them what the problem is and what the outcome is to be
- Encourage the children to choose food appropriate to give them energy for the task
- Facilitate and encourage the children to discuss the problem and think of solutions through teamwork

#### Conclusion

Children have designed and constructed a solution to the problem