Rationale

It is a resource that is to assist in the teaching of PDHPE for students with special educational needs such as emotional or behavioural issues.

Aim:

- To engage students that would not normally participate in practical lessons because of anxiety, depression, social phobia’s and behaviour issues. The initiative is to “have a go” in a safe environment, smaller numbers, and like-minded people.
- It is not to concentrate on the skills acquisition, but to emphasize the enjoyment of sport and recreational activity, and show how these activities can have a positive effect on mood.
- For students to participate in a variety of physical activities which will improve their physical and mental health, develop leadership skills; improve self-esteem, self-worth and resilience.

This resource is showing students that physical activity has a positive effect on overall mood. Therefore physical activity should be taken part in regularly to help prevent depression, anxiety and to assist in better self-image, self-esteem and self-worth.

How do we show students the positive effects of exercise?

The practical element of this program is ideally run for students who have been identified as having emotional or behavioural issues, and who are in danger of disengaging from school and physical activity.

To show the positive effects of physical exercise on the mood, online mood cards must be filled out after a practical session (only 1 session per week can be recorded). Students must fill in the cards as honestly as possible. At the end of four weeks all the information is collated and a graph is produced to give a visual representation of what the students’ mood was before and after that particular activity. This information is collated for as many weeks as the students records there mood.
If you are using this resource as a PDHPE class there are hard copies of the mood cards which can be found in the Teacher Info section. These mood cards ask slightly different questions and can be used when computers are not available. Hard copies of mood cards ask students to reflect on performance and ask how they could improve, and what qualities they displayed during that session.

The website is a resource that can be used to support the PDHPE curriculum from years 7-12. All links are relevant and suitable for all young people and have been specifically chosen to accommodate all student abilities.

Student’s expectations:

- Students to record their mood and answer questions on the online mood card as honestly as possible.
- This must be completed once per week after physical activity.
- If they cannot access the online mood card students are expected to fill out a hard copy which can be found in the Teachers Info section.
- Students must keep their personal number so the information can be collect over a period of time. Without the personal number information cannot be gathered together.
- Students to use graphs to recognise what activities have greater improvements on mood.
- Students to use website to find out information on activities available in the community.
- Students to use website to assist in PDHPE curriculum work.
- Students to use website to find out information on Mental Health issues such as depression, anxiety, anger management etc.

Teacher Resources:

A guide to show how to use resource. A website page that is dedicated to worksheets and useful websites that can assist in the teaching of the PDHPE curriculum and mental health issues. Worksheets, useful websites, leadership activities and hard copies of the student mood cards.
The main focus of project

- Enjoyment/ Fun:
  This is for students who have disengaged from practical activities or attendance is poor in this area. We want to get them back to physical activity and help them to understand the importance it has on their physical and mental health.

- Connected:
  Students’ to feel connected to a group and their community. Students’ to have a positive relationship with adults who are running the program.

- Ownership:
  Choice of activities they participate in. A voting system, where students are given sports choices which they pick for the term. These can be recreational as well as sporting.

- Leadership:
  Students to experience and develop their leadership abilities through physical activities, running of sessions, coaching, team captaincy.

- Access to facilities within local community:
  Students to use local facilities so they are aware of what is available in community and they know how access facilities.

- Improve health:
  Through activity and use of the website. Students’ can access the website to get a variety of healthy lifestyle tips and coping strategies’.
• User Friendly:
  So anyone can access the website and use the resources. When they are in practical sessions they are having fun in a safe engaging environment

Who is this Program Aimed at?

Ideally this resource should be used with students that have been identified as students with ED/BD diagnosis.

Students should be extracted from class into small groups of 15-20 students and ideally be supervised by a member of staff they know.

Ideally taught by the Learning and Support Teacher or Sports Teacher.

KEEP IT SIMPLE

AIM: Students to have fun and engage in physical activity.

3 week blocks of activity. In this amount of time students can be taught all the fundamental skills to have a go. Staff can keep it interesting, students don’t have time to get bored with activity and this will keep behaviour issue to a minimum. Allow them to play matches but to also demonstrate leadership qualities. Some ideas for students:

• Coaching
• Keeping score
• Team captain
• Motivating others
• Refereeing
• Encouraging
• Decision making
Students who don’t want to take part can also get involved with the above activities and feel involved.

Depending on when you believe the best time for students to fill out the mood cards, this could be at the end of the session, or the next day.

At the end of each 3 week block recognise the overall best student.

Award a trophy, and ribbons for 2nd and 3rd. Trophy should be awarded to the person who demonstrated positive sporting attributes such as good team play, motivated and motivating others, encouraging, engaged etc. Not just for being excellent at the sport.

**How to use the Mood cards (collecting data for a student):**

Purpose of the mood card is to show the correlation between physical activity and how people feel after exercise.

For students to collect data they must keep their own personal number so that their information is stored together.

1. Students to click on
2. Students to click on below regardless if it’s their first or tenth time to access the mood cards.

   ![Mood Card](image)

   **This is my first time filling out an ESES Mood Card**

3. Students must keep either the unique number that is at the end of the link below or put the entire link into their Favourites (see picture below). This number is different every time someone signs into the mood cards.
Students then fill out the card and submit.

The next time they fill in a mood card they must follow the same instruction as before but replace the number at the end with their own personal number. Press enter and then fill in and submit.

Change this number with the first submission number

Students should look at their filled in cards and look at their mood, keywords they chose to represent how they feel after exercise. Theory based lesson can then happen at the end where students use the web site to find:

- Local clubs for the sport just covered.
- Information on sports in general
- Websites specific for teen issues and how to deal with problems.
- Lessons planned to support findings about positive effects of exercise.

Data collection

The idea is for students to see the link between physical activity and change in mood. It is good to see this in a positive or negative way. It may show that some students only have positive experiences in some activities. This can help teachers with planning activities and show the individual what they enjoy. They can then access the website and find out more about that activity.
After 4 weeks this will appear on the students mood cards. Students are to click on this to see collated data.

How you've scored lately:
When we participate in physical activity our brain releases serotonin which is our body's natural feel good hormone. Looking at this graph you will be able to see which activities have a positive effect on your mood!!

This graph shows changes in mood. When you hover over the tiny white dots it shows you what activity the student was participating in.
In pie chart form it shows how much the students enjoyed/disliked or thought activities were ok and how active they were in the sessions.

This is to show that you get out what you put into activities.

Finally there is a Word Cloud of the words that the student has answered in the mood card submission.
All this information can be used to discuss a variety of things:

- What activities the student liked
- Why this would affect mood
- The benefits of exercise
- Using this information student can use website to find out local community clubs

It is very important to follow each practical session up with recording the changes in their feelings. Many students won’t recognise the change or it will be short lived and they will go back to what they were feeling before the activity. Attempt to do this when the class are settled, not rushing out the door as this will reflect on the results.

**How Program is to run as part of whole school PDHPE program:**

Students can use mood cards to record their mood and activity, or as a form of evaluation which is now an integral part of an overall lesson under new teaching standards.

The paper copies that can be found on the website in the Teachers Info section are more appropriate for whole school PDHPE program.

Mood cards can then be collected and data recorded by staff or student and discussions had in theory lessons when topic is being covered on mental health and the effects of exercise on this area.
The Website

The website is there for students to access PDHPE related sites. This is to focus their learning with the intention of focussing their searches to relevant sites. Students do not have to use search engines such as Google. All links on this site are relevant and age appropriate. The primary use of this site is for students with ED/BD diagnosis so there are many links to health, mental health and risk taking behaviour pages as these are area’s that particularly affect these students. However all links are appropriate for the PDHPE curriculum.

The website is broken down into 6 areas:

- **Getting regular exercise, adequate sleep and balancing the demands of work and school with relaxation help to provide a balanced, healthy lifestyle.**
  More emphasis on one area while neglecting another can cause stress, poor health and the inability to cope with the demands of daily life.

- **Coping with everyday situations can be hard.** As a young person, dealing with anxiety and depression can be detrimental to your education and social life. Reachout, Blackdog Biteback, YouthBeyond Blue, E-couch, Moodgym and Livewire are excellent sites that can help you cope with or give you useful strategies on dealing with your thoughts and feeling.
To help us deal with everyday situations we sometimes need to quieten our mind, plan where we want to be, and work out how we are going to get there. Spiritual health will show you ways to get in tune with yourself, manage your anger, channel your energies and help you set your goals for the future.

Sports and doing physical activities are a positive way to influence your overall mood and health. They can be a great way of meeting people with the same interests as yourself, keeping yourself fit, maintaining your bodyweight and sustaining your energy levels so you can keep up with your work as well as your free time.

If you are looking for a local club to begin a new physical activity or just want to check out how your team did over the weekend then this section is for you!

As young people it is your duty to work hard and play harder. This area will give you information on some of the risky areas young people participate in. Here you will find what the effects of these activities have on you and how it can affect others.
As well as this there are links to fantastic resources that should be used throughout the course which are designed by psychology professionals such as Blackdog (Headstrong) and Reachout that are well designed lessons for all young people, and give teachers access to webinars and useful training for education or health professionals.

Here teachers can access worksheets and information on me mood get active. There are great websites and resources that teachers can use to help teach their classes.