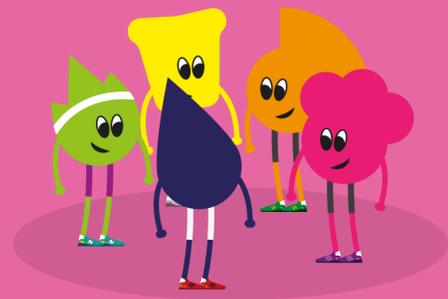


Mission: Teamwork

Developing team working and team spirit can strengthen pupils **social** and **emotional skills**, helping develop their **communication skills**, and **improving self-confidence**.



TEAMWORK OPPORTUNITIES

ENABLE PUPILS TO RESPECT EACH OTHER'S ABILITIES AND OPINIONS



STICKS IN A BUNDLE ARE UNBREAKABLE

African Proverb

Working cooperatively with others towards a shared purpose develops a **sense of belonging**.



Mission: Resilience



RESILIENT INDIVIDUALS, FAMILIES AND COMMUNITIES ARE MORE ABLE TO DEAL WITH DIFFICULTIES AND ADVERSITIES

Public Health England 2014

IT IS KNOWN THAT PROMOTING THE **EMOTIONAL WELLBEING AND MENTAL HEALTH** OF PARENTS AND CHILDREN THROUGH THEIR SCHOOL AGED YEARS, CAN HELP **AVOID HEALTH AND SOCIAL PROBLEMS** LATER IN LIFE

Mission: Movement

PUPILS WITH BETTER **HEALTH AND WELLBEING** ARE LIKELY TO **ACHIEVE BETTER**



Public Health England 2014



Being active is good for the heart, helps strengthen bones and the lungs.

ACTIVITY HELPS TO PROMOTE A **POSITIVE MOOD** AND **DEVELOP CONFIDENCE**

Activity also provides a chance to make friends and socialise.



Mission: Nutrition

A HEALTHY DIET

HELPS PROTECT AGAINST **DIABETES**, **HEART DISEASE** AND **CANCER**

AN UNHEALTHY DIET

AND LACK OF PHYSICAL EXERCISE ARE LEADING GLOBAL RISKS **TO HEALTH**

World Health Organization Fact sheet N°394 updated September 2015



Eating a **variety** of **unprocessed** and **fresh foods every day** helps people to obtain the right amounts of essential nutrients.

Vegetables and fruit are important sources of **vitamins**, **minerals**, **dietary fibre**, **plant protein** and **antioxidants**.

World Health Organisation 2018



Mission: Fitness

The **World Health Organisation 2011** recommends levels of physical activity for children aged 5 - 17 years.



PLAY OUTSIDE



Such as play, games, sports, transportation, chores, recreation, physical education, or planned exercise, in the context of family, school, and community activities.

CHILDREN AND YOUNG PEOPLE AGED **5-18 YEARS** SHOULD ENGAGE IN MODERATE-TO-VIGOROUS INTENSITY PHYSICAL ACTIVITY FOR AN AVERAGE OF AT LEAST:

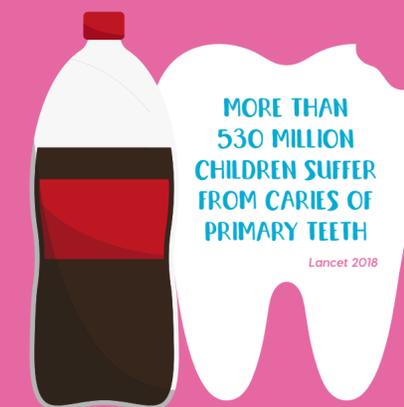
60 minutes

PHYSICAL ACTIVITY PER DAY ACROSS THE WEEK.

Chief Medical Officers, England Scotland Wales, Northern Ireland Guidelines 2019



Mission: Hydration



MORE THAN **530 MILLION** CHILDREN SUFFER FROM **CARIES OF PRIMARY TEETH**

Lancet 2018

Sugary drinks often provide unnecessary calories, and in the case of sodas, no benefit to health. Indeed, they cause **dental decay** and **obesity**.

World Health Organization, 2014



Repeated tastings of water may help children to develop a taste for water.

National Hydration Council, 2017

Prevention of enamel loss is very important for the long term health of your teeth.

DRINKING WATER...

INCREASES

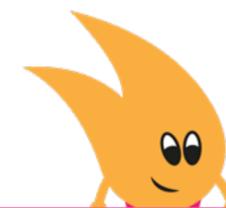


REDUCES



BOOSTS





Mission: Movement

This Mission explains how lives have changed through the ages, focussing on activity levels and nutrition.

Presentation

This presentation includes a short video focussing on how activity levels and eating habits have changed over time. The presentation helps pupils to recognise the importance of moving more, sitting less and eating well.

Fun learning activity

An activity card is provided with 3 different fun running activities. These can be set up easily in the playground (or some on the school field) Special Agents can use one or all of the activities. The 4th activity is a running route starting with 400m and building up each day for those who want the challenge. It is this route we would like schools to provide everyday through the programme and beyond. Aiming to get pupils moving more, sitting less and having fun.

Challenge

The challenge for this mission is for pupils to start running/jogging in a fun and friendly way, this can be done by doing The Daily Mile in your school. Pupils can record their progress in their Mission Tracker.

Mission: Hydration

This Mission highlights the importance of drinking water for our health and explores the sugar content of other drinks. It shares our need to aim for 6-8 glasses of water a day.

Presentation

This mission includes an introduction to the water cycle. It shares facts about water and its importance to our physical health and our learning. The presentation helps pupils to recognise the importance of choosing water as a healthy drink at school and at home.

Fun learning activity

The activity card helps pupils identify how many teaspoons of sugar are in a variety of drinks often popular with children. Using a display of empty drinks containers, a bag of sugar and teaspoons, pupils can measure out, estimate or calculate how much sugar is in drinks. Variations to the game are provided to enable differentiation.

Challenge

The challenge for this mission is for pupils to bring water bottles to school (or have water readily available) and drink water little and often throughout the day, aiming for 6-8 glasses. Pupils can record these in their Mission Tracker.

Mission: Teamwork

This Mission focuses on what team spirit is, how it help teams to be the very best they can be and how it can support pupils to move more and sit less.

Presentation

This mission highlights what good team work is and how strong team spirit helps other team members achieve their best. It includes a story from NASA about the importance of, a shared team vision, loyalty and enthusiasm for team success. The Dart video provides an example of team spirit and its role in achievement and self-esteem.

Fun Learning Activity

3 team building activities are provided on this activity card. These are designed to be used for small groups outside in the playground or indoors. Each provides opportunities for pupils to develop team work and show how good team spirit can help them to improve and achieve.

Challenge

The challenge for this mission is for pupils to identify when during the day they have been supportive and shown great team spirit. This may be in the classroom or during break, eating healthily at lunch or out of school. They can record their examples in their Mission Tracker.

Mission: Nutrition

This Mission focuses on healthy eating, the 5 food groups, vitamins, good fats and bad fats and how different foods help us to become and stay healthy.

Presentation

This mission highlights the range of foods we need to eat to stay healthy. It introduces the Eat Well Plate Model, the 5 food groups and the importance of eating 5-a-day. The Dart video shows the food sources of various vitamins and introduces the 'eating the rainbow' concept.

Fun Learning Activity

The Food Fit Game is a physically active game with variations provided to suit all Key Stages and pupils knowledge and understanding. The game consists of 28 Food Fit game cards. Each features; a different food, vitamin content, food group, and how it helps us be healthy.

Challenge

The challenge for this mission is for pupils to 'eat the rainbow' through the week and record in the Mission Tracker the different colours of the fruit and vegetables eaten.

Mission: Resilience

This Mission focuses on resilience and how it can help us to improve, achieve and feel good about ourselves.

Presentation

This mission introduces the power word YET, and shows pupils how changing the language we use and the way we think can help us to keep going when things don't go right. It includes an engaging poem highlighting resilience. The Dart video highlights not giving up, using running as an example.

Fun Learning Activity

This activity card suggests active challenges for pupils to try, (i.e. hula hooping, skipping). Pupils can work to their own level, challenge themselves and be active at the same time.

Challenge

The challenge for this mission is for pupils to not give up when faced with a challenge in lessons, during break/lunch or at home. They record their examples in their Mission Tracker.

Mission: Fitness

This Mission concentrates on what endurance is, why it is important and how we can improve it.

Presentation

This mission introduces the concept of endurance, it introduces the respiratory system and the recommended daily 60 active minutes for children. It helps pupils understand the heart rate changes during activity and how they should aim to increase their heart rate to keep it fit and healthy. The Dart video highlights how practise and keeping active can help develop fitness.

Fun learning Activity

This learning activity teaches pupils how to take their own pulse and explore what happens when the body is at rest and active. This is suited for use in the classrooms by teachers as part of a science or PHSE lesson, or a starter activity before lessons start.

Challenge

The challenge for this mission is for pupils to try to achieve their 60 active minutes each day and record them in their Mission Tracker.

Teacher Top Tip

Use the Special Agent Support Team Members to set up the running route and manage that each day for the week, leaving the Special Agents to focus on the other running activities.

Curriculum links

This Mission supports the following areas of the Curriculum:



Teacher Top Tip

Special Agent Support Team Members can write a piece about the Mission: Hydration Challenge in the school newsletter to share the message at home.

Curriculum links

This Mission supports the following areas of the Curriculum:



Teacher Top Tip

Highlight the Challenge to other school staff to encourage pupils to recognise team spirit in the class room.

Curriculum Links

This Mission supports the following areas of the Curriculum:



Teacher Top Tip

This game can be played in the classroom as part of lessons substituting running and skipping with walking or played as a simple snap game. Provide a set of cards for colleagues to use. These can be printed & distributed by Special Agent Support Team Members.

Curriculum Links

This Mission supports the following areas of the Curriculum:



Teacher Top Tip

Suggest colleagues display a YET sign in the classroom to remind pupils to use the power word each day.

Curriculum Links

This Mission supports the following areas of the Curriculum:



Teacher Top Tip

Help the Special Agent Support Team Members to provide copies for teaching staff.

Curriculum Links

This Mission supports the following areas of the Curriculum:

