

# LOVE DRAMA

Curriculum for Excellence

## Workshops



Health and Wellbeing: | Healthy Living 2 | Campaign for Health

### Content

This workshop explores healthy eating, 5-a-day, food groups, vitamins and different types of exercise. This is a fun and active workshop in which pupils will work as health & fitness professionals in order to create a selection of campaigns and advertisements to encourage others to become healthier. Pupils will be asked to use their own knowledge and understanding to complete many team tasks in the style of The Apprentice! These campaigns can be continued in the school or the classroom after the workshop to allow pupils to share their ideas and campaigns with the rest of the school, which will create a buzz and an exciting method of peer learning.

### Learning Level

Suitable for second stage students with information and delivery adapted to the needs of your class.

### Space

A large clear space, most suitable would be either a gym or assembly hall.

### Time

90 minutes

### Additional Information

Healthy Living Workshops are most popular during a school's Health Weeks, but can be booked at anytime of the year to promote all aspects of healthy living amongst pupils. Our Healthy Living Workshops are designed to be a fun, active and challenging way of exploring health issues.

As with all of our workshops it is extremely important the class teacher stays with the group at all times. This ensures that the learning experiences and outcomes are shared and that our workshops contribute effectively to the development of each and every young person.

Love Drama prides itself on creating a bespoke service that meets the needs of its clients. Love Drama is flexible and responsive to individual requests and the dissemination of all workshops can be tailored to complement the outcomes and experiences you have included in your forward planning. You may choose to work with us in a one-off session, over four weeks or for the duration of a term, in order to create a learning experience that effectively supports all participants. If you have any queries regarding participation within these workshops, please do not hesitate to contact us.