Asia New Zealand Foundation
Te Whītau Tūhono

Education Resource

A DAY IN THE LIFE

HEALTH: YEAR 13, 9-10

Objectives	
Achievement objectives Students will gain knowledge, skills and experience to: • Critically analyse the impacts that conceptions of personal, cultural, and national identity have on people's well-being.	Learning area: Health Years:13, 9-10 Curriculum Level: NCEA Level 3 Unit Duration: 3-4 lessons Appropriate for: 3.1 Lifestyles, could be adapted for junior classes

Learning Intentions:
• Compare and contrast a day in the life of a New Zealand and Japanese school student. • Critically analyse the differing attitudes to physical activity and impact on wellbeing

Activity instructions
Pre-task: Students note down their typical day, including getting up, how they get to school, work, trainings. 1) Show the PowerPoint and talk through it 2) Use the questions / SOLO maps to extend understanding a) DESCRIBE the impact on wellbeing b) COMPARE and CONTRAST to New Zealand teens 3) Write a paragraph that EXPLAINS the differences and how it might impact on lifelong physical activity Click here to read about my experience in Japan A video summarising our trip to Japan Acknowledgement: Thank you to HookED for the use of their resources. http://pamhook.com/

Disclaimer: This resource was produced on behalf of the Asia New Zealand Foundation, for teachers, to grow New Zealand students' knowledge of Asia. The content of this resource does not necessarily reflect the views of the Foundation. Some resources reflect individuals' views and those prevalent during significant historical periods.