

THE POWER OF WELLBEING

HARRY JAMESON
Masterclass at a glance

Featuring Harry Jameson, Personal Trainer and Wellbeing Expert, this masterclass looks at how we can keep healthier, from both physical and mental health standpoints. Designed for use in KS3 form times and beyond, you can pick and mix from the 5 STEM and PSHE challenges below (or do them all!).



Use this masterclass's PowerPoint to explore the activities and play the corresponding videos. They're packed with information and insights to support discussions around mental and physical wellbeing.



MIND AND BODY

Harry introduces his training philosophy and asks students to consider what the right 'heart rate zone' is. Students can then try one of his strategies for achieving this.



AND BREATHE...

Harry explains how breathing techniques can reduce stress levels. Students explore different techniques before trying box breathing and investigating the effect this has on heart rate.



THE POWER OF NETWORKS

Harry believes it can be useful to visualise in one snapshot exactly who is available to us when we need mental and physical support. Guide students to map out their current networks before considering how they can be mentors to others.



TIME FOR ACTION

Harry introduces the importance and benefits of giving to others and discusses the variety of ways that we can do this - through volunteering and community participation and 'small things that feel big.' Students are encouraged to action how and when they will pay it forward.



REST AND RECOVERY

Harry outlines factors that help recovery time - including stretching. Students explore some simple, effective stretches before using a simple calculation to measure their current recovery times.