Using Urban Blue Spaces To Benefit Health And Wellbeing

Outcomes:

Students

PD51   Assess their own and others' capacity to reflect on and respond positively to challenges

Refer to the article and respond to the questions below. Remember to structure your sentences and paragraphs.

1. What is the name of this project? (1)

    _____

    _____

2. What is the aim of this project?(3)

    _____

    _____

    _____

    _____

    _____

3. What is the name of the book you would find synonyms? (1)

    _____

4. Circle the closest synonym or definition for the following terms:

Make sure your response is in context of the article.

You can use these links to help you:

- www.thesaurus.com
- www.merriam-webster.com
- www.wordhippo.com

5. Inclusive (1)

    a) individual
    b) include and integrate all people from different backgrounds in activities
    c) discriminate against a group or individual
    d) universal

6. Deprivation (1)

    a) everyone has equal opportunity to resources
    b) loss
    c) disadvantaged areas
    d) advantaged

7. Blue Space (1)

    a) areas with lots of space to play
    b) indoor environments which people can benefit from access to spaces with water
    c) outdoor environments which people can benefit from access to water features
    d) areas with green plants

8. Cognitive resetting (1)

    a) realign how we think and process ideas
    b) reset how we move and act
    c) emotional thoughts
    d) becoming more sensible

9. Biodiversity (1)

    a) adversity
    b) areas with many species of flora and fauna
    c) monoculture
    d) one type of species in an area

10. Regulated temperatures (1)

    a) large range between maximum and minimum temperatures
    b) degree celcius
    c) control the temperature in the urban environment better
    d) control someone's body temperature

11. Physical inactivity (1)

    a) exercising
    b) not exercising or moving around enough to improve your health
    c) laziness
    d) thinking about exercising

12. Minimise (1)

    a) expand
    b) not improving risk
    c) lessen risk
    d) preserving

13. Evidence (1)

    a) statements that disprove what the author's argument

    b) data and scientific research that is used from different sources to support the author's argument

    c) Contradiction

    d) witness

14. Social network (1)

    a) network of interactions and personal relationships with other people

    b) not having a relationship with others

    c) Digital technology

    d) loneliness

15. Virtual blue spaces (1)

    a) using virtual reality to experience digitalised "blue spaces"

    b) not having access to environments that feature water

    c) experiencing "real blue spaces"

    d) having spiritual connection to blue spaces

Respond to the following questions:

16. Where was this research undertaken? (1)

    a) Australia

    a) China

    a) United States of America

    a) Europe

17. Name 3 modern challenges to having a healthy wellbeing. (3)

    _____

    _____

    _____

    _____

18. Describe the findings of the research undertaken. (5)

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    _____

    _____

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19. How has this project helped those who are unable to access "Blue Spaces"? (2)

    _____

    _____

    _____

    _____

20. How has "virtual blue spaces" improved the health and wellbeing of those who can not access water environments? (3)

    _____

    _____

    _____

    _____

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    _____

Being and Advocate for Health, Safety, Wellbeing and Participation in a lifetime of Physical Activity

Outcomes:

Students

PD51 assesses their own and others' capacity to reflect on and respond positively to challenges

PD56 critiques contextual factors, attitudes and behaviours to effectively promote health, safety, wellbeing and participation in physical activity

PD57 plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities

Respond to the questions below. Remember to structure your sentences and paragraphs.

21. What is an "advocate"? (1)

_____
_____
_____
_____
_____
_____
_____

22. Name 2 local "blue spaces" that you can visit to "reset" your physical and mental health and wellbeing? (2)

_____
_____
_____
_____
_____
_____

23. Describe how these "blue spaces" help you to "reset" your health and wellbeing. (2)

_____
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