

HOME LEARNING

Year 10 PSHE Website Pack 11

This term we have been looking at sleep and what can affect our sleep patterns. This week I would like you to think about your video game or computer habits.

Complete the table with the positives and negatives of playing video games, try and have at least 3 statements in each box.

Good things about gaming	Bad things about gaming

During lockdown it is possible that you have been spending more time playing video games or on the computer than you usually would have.

I would like you to complete a 2 day journal of your daily sleep, exercise, home learning, TV, and gaming or computer habits. Do this as honestly as you can (you do not have to submit this unless you want to) After 2 days I would like you to complete a written assessment of your findings.

Day 1	Hours and Minutes spent doing this activity
Sleep	
Exercise	
Home Learning	
TV / Film	
Computer / Gaming	
Other activities eg. reading, gardening, housework, cooking	

Day 2	Hours and Minutes spent doing this activity
Sleep	
Exercise	
Home Learning	
TV / Film	
Computer / Gaming	
Other activities eg. reading, gardening, housework, cooking	

When you have completed your activity log I would like you to assess the time spent on each activity.

Write below your findings. Use the questions to help structure your assessment if you wish.

Are you happy with the time spent on each activity?

Would you like to do more / less of a particular activity? Why ? What barriers are preventing this from happening?

Are your computer / gaming habits different to before lockdown?

All work completed will be awarded with Sleuth Points 😊

