

Peer Learning Session – Staying Healthy With Learn My Way

What is peer learning?

Peer learning is a successfully recognised way of challenging your existing knowledge and confidence to learn new skills.

It is viewed that by sharing a skill with others, you are reinforcing that learning for yourself. From time to time we will encourage you to work with a group of people using the same equipment to discover new things yourself with the guidance from notes like the ones below.

Tutors and skilled volunteers will be available for support but it is expected that you will work as a team to make discovery-learning opportunities. Time and effort has been put into planning this session for you and creating notes that are easy to follow.

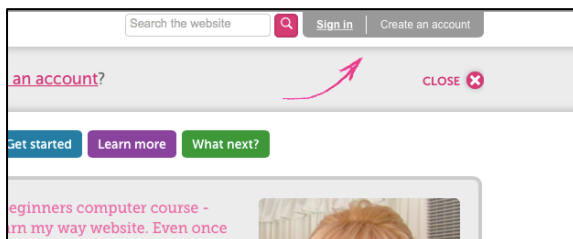
Good luck and have fun!

Why are we using Learn My Way?

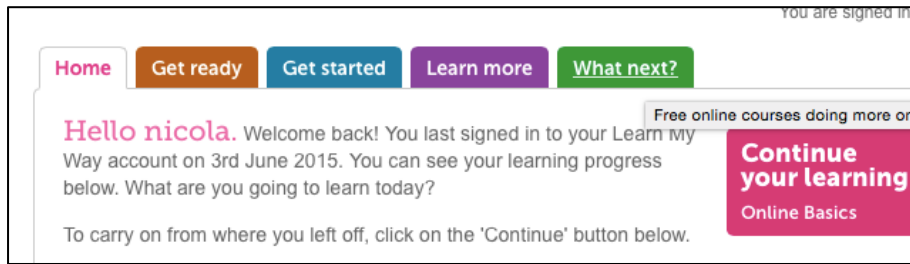
Learn My Way www.learnmyway.com is a free learning site which contains a huge range of courses that you can access for free in the centre or at home. As part of our themed sessions we will encourage you to revisit the site to help cement your learning.

Logging On (or maybe registering your free account)

(1) Go to www.learnmyway.com and if you have an account click **Sign In** and enter your details. If you don't have an account please ask a digital champion for some help:



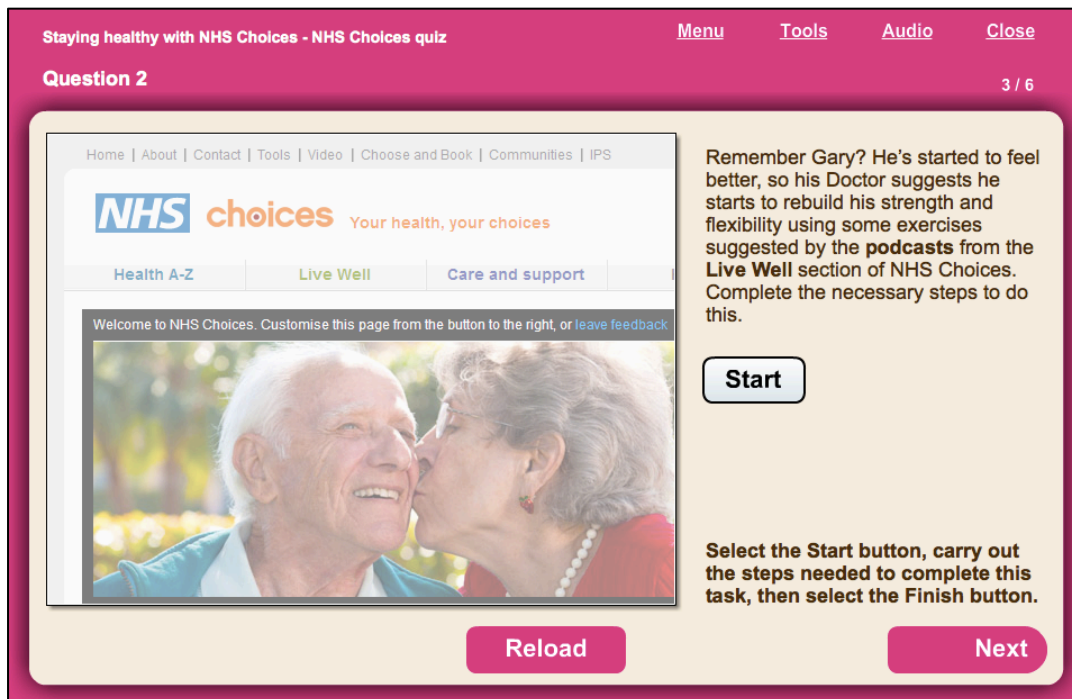
(2) Once you have logged in, go to the **What next?** Section



(3) From there select **Sport and Leisure**



(4) In this section you will see a few different options of online courses that you can access to increase your knowledge. Try the **NHS Choices** one to start with



(5) Once you have completed the **NHS** choices course, have a go with some of the others. Or scroll down and look at all the other resources that can help you. The **Fitness self-assessment** is a good place to start.

How can NHS Choices help me?

NHS Choices has great resources to keep the whole family healthy.

- [Health check tools](#)
- [Healthy weight calculator](#)
- [NHS Choices' Moodzone](#)
- [The healthy eating self-assessment](#)
- [Fitness self-assessment](#)
- [Find out about personal health budgets](#)