

Launching Physical Resilience Lessons

As part of the Harry Kane Foundation support to Bounce Forward, Harry Kane has inspired and co-authored new lesson plans that will feature in the evidence-based Healthy Minds curriculum for secondary schools.

Having launched the Harry Kane Foundation with a long term goal to help transform a generation's thinking about mental health, Harry is working with Bounce Forward to engage young people on important conversations about exercise, nutrition and sleep.

Endorsed by experts in the field, the lessons are designed to build psychological fitness, and will feature video appearances and case studies from Harry's personal experience and perspective as an elite athlete.

This work aligns to the HKF approach of promoting the benefits of positive self-belief and the connection between physical and mental health.



Lesson Overview

Exercise and mental health

- Understand the link between physical and mental health
- Consider how people think about different types of physical activities
- Practise challenging unhelpful perceptions about the link between physical and mental health
- Identify ways to maintain good physical health

Nutrition and mental health

- Understand the link between nutrition and mental health
- Consider barriers that can get in the way of maintaining healthy nutrition
- Identify key facts and myths for a mentally healthy diet

Sleep and mental health

The vital role of sleep for the adolescent brain

- Understand the link between sleep and good mental health
- Examine the different types of sleep
- Understand what is happening in the brain when we are asleep

Understanding key facts about sleep

- Consider key facts about the teenage brain
- Understand the impact of a lack of sleep
- Challenge common beliefs that can get in the way

Healthy routines

- Identify helpful sleep routines
- Taking control of my sleep
- Creating a sleep diary



The 5 Physical Resilience lessons are endorsed by
Dr John Coleman, Sleep Expert
Sam Hesling, PE Teacher & Pioneering Healthy Minds Lead
Anant Jani, Senior Researcher
University of Heidelberg and
University of Oxford

Harry Kane Foundation (HKF) launched on World Mental Health Day in October 2022 with a long-term goal of transforming a generation's thinking about mental health. The purpose of HKF is to help normalise conversations around mental health, tackle stigma and promote positive habits that build mental resilience and emotional wellbeing. HKF is committed to working with chosen partners, experts and organisations to enable awareness, educational tools, and support services.