





Curiosity

Everyone is open to learning new things about themselves, all that surrounds them and how the two fit together.



Health

Everyone has the skills and tools to maintain a healthy balance of their mental, physical and emotional wellbeing.



Confidence

Everyone believes in themselves, stands up for what is right and has the confidence to reflect and learn from their actions.



Resilience

Everyone keeps trying to better themselves, even when things are difficult or when we make mistakes.



Empathy

Everyone is kind, caring and considerate of the feelings of one another.



Respect

Everyone treats our environment with respect and appreciates the cultures, beliefs and views of one another.

National Fitness Day

Your Health is for Life

- What does this quote make you think?
- What do you do to improve your physical activity?

National Fitness Day

Your Health is for Life

The idea behind the theme is that physical activity shouldn't be done just one day of the year. It should be a regular part of our lives to help us live longer and be healthier.

Which images show how we can help our physical health?



What can we do....?

Our health can improve from just a few small steps, such as playing football with our friends after school instead of watching TV, or taking a walk with our family every weekend.



But why is it so important?

Exercising provides huge benefits for our physical and mental health. Regular exercise can help prevent people from suffering with life-changing illnesses like strokes, heart disease and some cancers. Exercise also improves your mood, reduces stress and boosts feelings of self-esteem.



But why is it so important?

Children aged between 5 and 18 are recommended to average 60 minutes of physical activity each day. This can be spread across different activities.



Ways to stay active

- Walk, cycle or ride a scooter to school instead of driving.
- Play active games in your school breaks such as football, chasing games or hiding games.
- Take one minute movement breaks in lessons such as running on the spot or doing a few exercises like star jumps or sit ups.
- Try some activity competitions with your family members at home. Who can do the most press ups in a minute? Who can hold a plank for the longest time? Who can skip with a rope the longest without stopping?



Reflection

- ▶ What are you already doing to help keep active?
- ▶ What else could you do?
- ▶ How can you encourage your family members to join in?