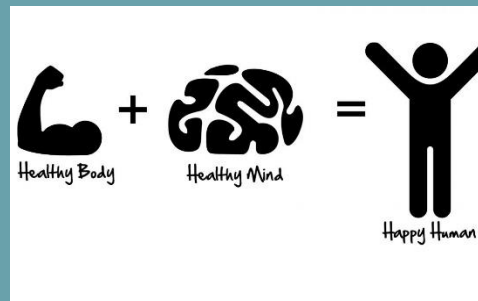


IMPORTANCE OF EXERCISE

Even though you may have some time off, staying fit and healthy is crucial. Think about the importance of exercise and what you can do, to ensure you stay healthy.

The importance of exercise can be broken down into:

- Physical
- Mental



PHYSICAL EFFECTS OF EXERCISE



Fitness

- Generally, the more you exercise, the more your body is able to meet the demands of exercise.
- Toning muscles can help improve posture.
- Exercising can increase strength, stamina, mobility and flexibility.
- Whilst you are off – try to aim for 20 minutes of physical activity a day – This can be done through the Netflex PowerPoint which you can access online!




Netflix Activities


- Each year will have access to this resource online – it contains a number of different activities which you can complete each day!
- If you access the document, all you need to do is click on the video and it will take you straight to it!

NETFLEX Daily physical activity is really important in order to help keep a healthy mind and body during this difficult time. Click on a workout below to give one a try!


Dance



Younger Children




Yoga




NETFLEX Daily physical activity is really important in order to help keep a healthy mind and body during this difficult time. Click on a workout below to give one a try!


20 Minute workouts



Pilates



Abs and Core



More Energy



- Doing exercise means the body can become stronger.
- This means the body can work harder and longer without becoming tired.
- If you sit around all day and don't move, you will feel worse off. Move around and keep yourself busy.

Reduce Stress

- When exercising, if you are stressed, you can forget about your problems for a while.
- You can take your stress out in sport, such as using a punch bag.
- The body releases serotonin when exercising. This is the 'happy hormone' and reduces stress.
- Less stress means the heart functions better so stress related illness is reduced.



Offers Physical Challenge

- Whether you are competing in a team or just going to the gym, you can set yourself targets to improve your fitness.
- Setting yourself a challenge encourages you to meet your target and improve your body.
- You might improve your flexibility, speed, strength, skills, techniques or stamina.
- Think back to your PSHE classes – You can try and improve your scores at home:

Muscular Endurance – X1 min press up / X1 min sit up tests

Co-ordination – Alternative wall toss

Other challenges – Plank time / Squat Challenge



MENTAL EFFECTS OF EXERCISE



Feeling of well-being

- As well as your body, its important to keep your mind healthy over the next few weeks.
- Well-being is a state of being happy, healthy and prosperous.
- An improvement in the body systems and body shape can give someone a sense of well-being.

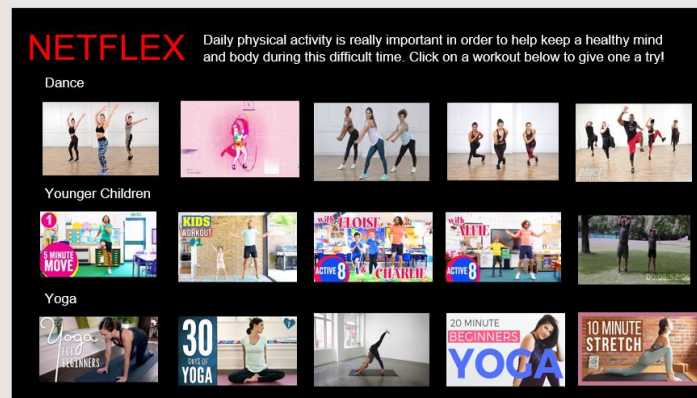
- Put down your phone and focus on yourself
- Put time aside to keep your mind active through new tasks or physical fitness



Gives Enjoyment

- People take part in sport or exercise because they enjoy it.
- Everyone is different so everyone will find different activities enjoyable.
- This might be because they are part of a team, like competition, find it fun or challenging or just because they enjoy that activity!

The Netflix Workout offer a variety of exercises including dance, yoga and Pilates. There will be something for everyone!



Interests and Hobbies

- Starting a new hobby or interest can increase your knowledge.
- You can achieve and learn new skills.
- It provides a break from work and life pressures.
- Over the next few weeks, can you learn a new skill or research something you've always been interested in. Keep your mind active and challenged!

