



Bledlow Ridge School



#WeAreActive Week





Health

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

Why is being active important?



When you exercise, you are helping to build a strong body that will be able to move around and do all the stuff you need to do.

If you do a little bit of exercise or moving every day it helps your body grow and become much stronger.

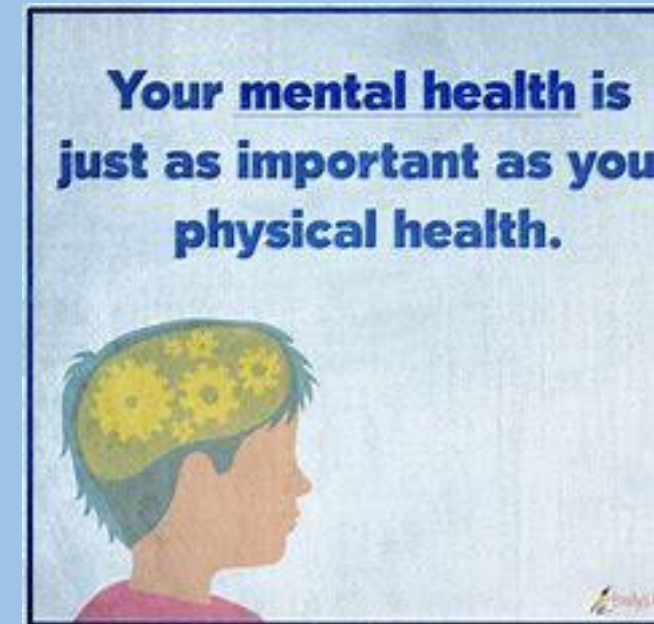
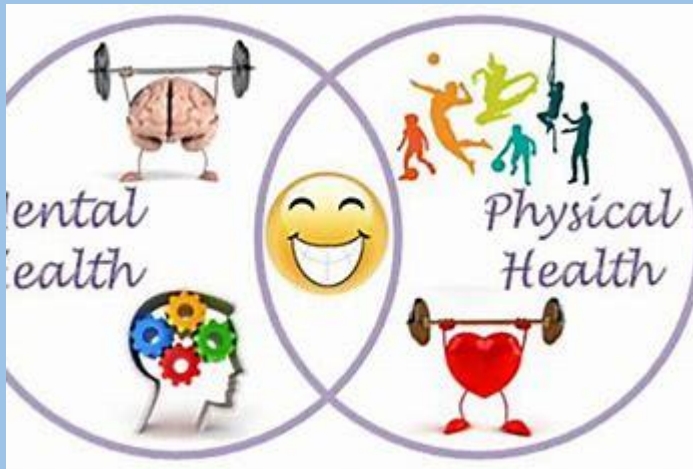


Children exercise all the time without even realising it!

Running around at playtime is great exercise.

Anything that makes you move is exercise.

Exercise is really good for your physical and your mental health.



Exercise Makes Your Heart Happy



Do you know where your heart is?



- Your heart is a muscle that pumps blood around your body.
- When you exercise your heart pumps even harder and becomes stronger.
- This means that every time you do exercise your heart becomes stronger and can do a better job of pumping blood round your body all day long.

Exercise Strengthens Muscles



Exercise can also make your muscles stronger.

This makes you much stronger and more powerful.

THE MENTAL HEALTH BENEFITS OF EXERCISE

FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



Can provide children with a more positive view of themselves



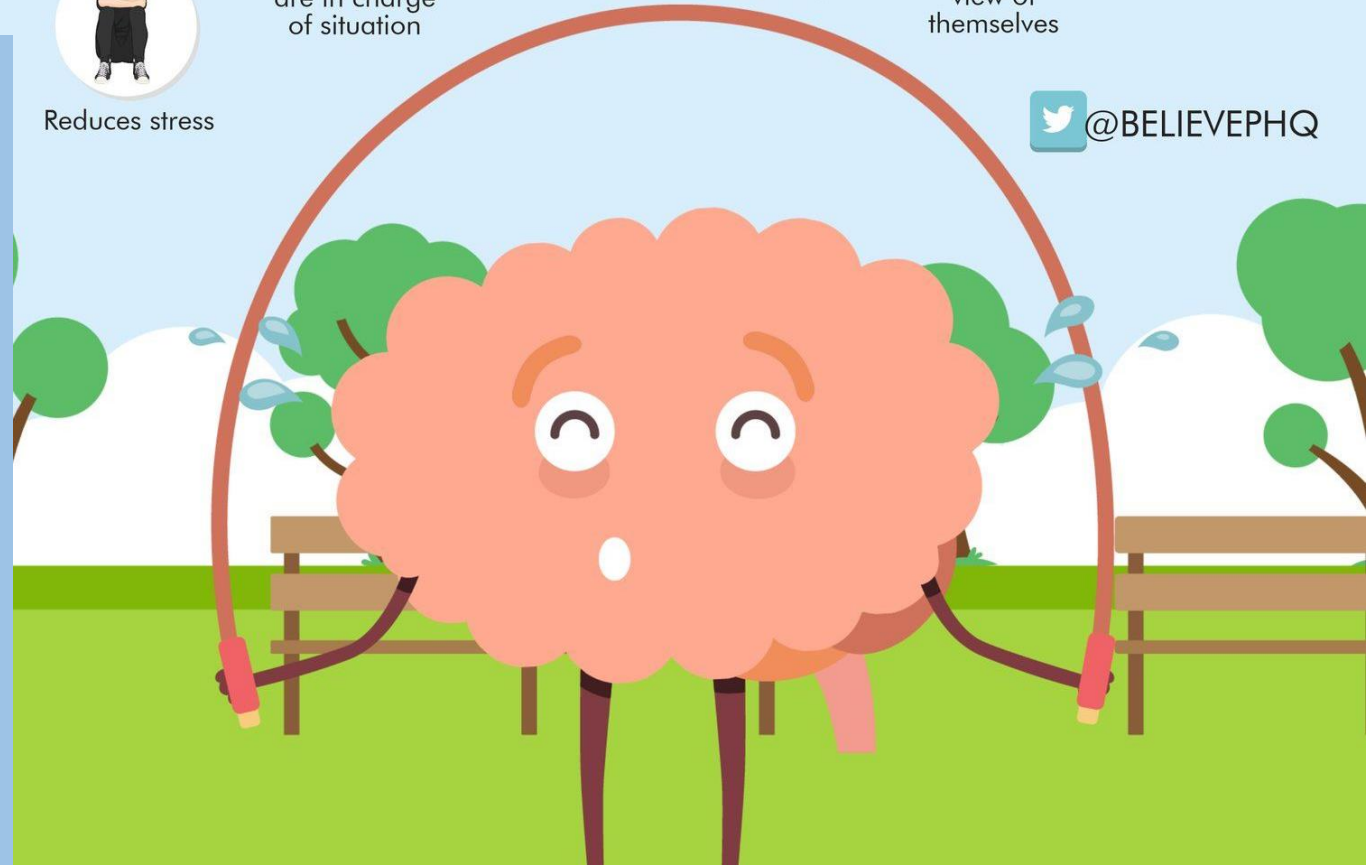
Increases confidence



Reduces stress

Exercise is really good for your wellbeing

 @BELIEVEPHQ



Energy to Help You Be Active

To do lots of exercise and be very active, you will need lots of energy.



You get energy from food.

It is important to get your energy from healthy food as this will give you more energy.

Healthy Food



Vegetables are healthy.



Fruit is healthy.



Meat is healthy.

You also need things like milk and yoghurt to make your bones strong.
You need foods like potatoes and rice to give you energy.



It is important to still have treats but not to have them too often. Treats could be chocolate, crisps or cakes.



What will we be doing this week?



#WeAreActive Week

Assembly with
a Paralympic
Powerlifter

Zumba

Yoga

Fitness Classes

House Cross Country

Family Fun Run

Skipping

Active Passport

Healthy Eating Workshop

Talk and run with Ben Smith