

Caring For The Body

Determination

Self-discipline

Joy

Creativity



Session 3: Exercise



"There may be people that have more talent than you, but there's no excuse for anyone to work harder than you."

Derek Jeter



Creativity: find new ways to fit exercise into your day;
Determination: make sure you reach your goal!



These activities may need to be slightly adjusted for the young people you work with, particularly if some of them are facing mobility challenges.

Activity 1

Exercise Quiz



Aim(s)

- To explore the role of exercise in life.
- To test the young people's knowledge of the benefits of exercise.



Resources

- *Exercise Quiz - Caring for the Body page 9.*
- *Exercise Power Point.*



Delivery Guide



The quiz can be answered individually or working as a small group.

Ensure everyone has the *Caring for the Body Diary* with the quiz sheet in. Read out the questions and get them to answer to the best of their ability. Once you have finished, go through the answers, awarding 1 mark for each correct answer. The winner could win a privilege or a small prize.

Discuss answers if there is a need. Are the guidelines right? Is it that easy to get exercise into their day? Does exercise really give them the benefits that are expected?

Questions:

1. How much exercise do people aged between 5 and 19 years old need to do each day, according to the NHS guidance?

Answer: *At least 60 minutes of 'moderate activity' a day. This could mean cycling or running around, through to running and playing tennis.*

Information here: www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx (available 8/16)

2. Which age group does the NHS recommend should spend at least 3 hours being active each day?

Answer: *The children under 5 years old who can walk. These 'active minutes' include general walking around and playing.*

Information here: www.nhs.uk/Livewell/fitness/Documents/children-under-5-walking.pdf (available 8/16)

3. Which of these activities are described as a 'moderate activity' in the NHS guidelines?

- Walking the dog
- Swimming 10 miles
- Riding your bike
- Skateboarding or roller-blading
- Walking to the shop or to college
- Sprinting

Answer: *A, C, D, and E. 'Moderate activity' is suggested to be the level of intensity of walking fast, but being able to talk to someone at the same time.*

Information here: www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx#moderate (available 8/16)

4. Are these statements true or false?

- A) You should only exercise for an hour at a time. Any less is pointless.
- B) Exercise seems to have an effect on certain chemicals in the brain, particularly dopamine and serotonin. This can make you happier and improve your mood.
- C) Exercise will make your brain bigger.
- D) Exercise seems to reduce harmful changes in the brain caused by stress.
- E) Nobody is totally certain why exercise is good for us.
- F) If you exercise too much, you can damage your bones.

Answer:

- A) *False (any little bit of being active helps!)*

- B) True
- C) False
- D) True
- E) True
- F) False (exercise such as running or lifting weights can actually help bone growth and strength.)

Information here: www.rcpsych.ac.uk/mentalhealthinfoforall/treatments/physicalactivity.aspx (available 8/16)

5. Try and name 3 benefits you get from exercise:

Possible answers:

It improves cardiovascular health
Can help maintain a healthy weight
Improves bone health
Improves self-confidence
Develops new skills
Helps you to feel happier

Points to highlight

- There are a lot of myths out there about exercise and activity.
- Many people should be a lot more active than they actually are.
- Being active doesn't always mean joining a gym or going for a run – it can mean walking, cycling or dancing. For some people, particular types of exercise are difficult, but being 'active' in some way is normally accessible for everyone.
- Exercise benefits us, not only physically, but mentally too.

Activity 2

Exercise Audit

Aim(s)

- To look at how much activity the young people do each day.
- To create an exercise goal which the young people will then attempt to meet.

Resources

- *Caring for the Body Diary* (page 10).

Delivery Guide



Facilitators can join in with this activity and set their own goal.



The goal should be an individual one but the young people could work in small groups to plan and discuss it.



Ideally this activity should be followed up a few days or a week after this session.

Part I

Ask the young people to complete the audit in the *Caring for the Body Diary* on page 10. Do they think they do enough exercise? Do they meet the NHS requirements?

Ask them to think about how they could be more active? This could be anything from getting off the bus one stop early or climbing the stairs instead of taking the lift, to joining a new gym class or going for a run. For those who are already very active, could they think of a particular exercise or sport-related goal?

What are the things that stop them from being active or improving their exercise/sport?

Using page 11 of the *Caring for the Body Diary*, they should note a concrete and specific goal that they are going to aim to reach in the next 7 days (or whatever time frame works for you).

They should identify how they are going to achieve this goal and how virtues (eg. courage, honesty, compassion, self-discipline, gratitude, humility) might help them. They also need to consider any barriers they might face, and think about who or what could help them reach their goal.

They should be prepared to report back to the group or facilitator in the next week.

Part II

Revisit the goal at a later date and ask them whether they reached it. If they did, what was it that made them so successful? If they didn't reach it, what stopped them? Could they have been more determined or more creative? Did reaching for a goal encourage them to become more active?

If they were more active, how did it make them feel? Did it make them feel happier or have more energy? Perhaps it made them feel more tired, or made no difference.

Points to highlight

- A little change can make a big difference.
- Sometimes just being aware of how much activity you do – or don't do – in a day can help.
- Finding time to exercise involves determination and creativity!

Activity 3

Aim(s)

- To encourage others to exercise.
- To promote the benefits of exercise.

Resources

- Internet connection to watch videos. **OPTIONAL**
- Paper and pens.
- A camera/smartphone/tablet to film. **OPTIONAL**

Delivery Guide



This activity is best completed in small groups, but could be completed as one large group or as individuals.

There are a number of different campaigns and groups out there intending to encourage people to exercise and to create excitement around sport and exercise. Here are a few, aimed at different audiences:

- **Run Dem Crew.** These are a group of creative people who like to run and exercise while exchanging ideas and exploring London: www.rundemcrew.com. They have also branched out to Swim Dem Crew: www.youtube.com/watch?v=oz4FsxVEJQk (this is actually an advert for Android phone, but the content is still interesting!)
- **Too Fat To Run.** This group and website was set up by Julie Creffield who wanted to run, but felt that she was too overweight and not a 'proper runner'. She completed a triathlon as a woman wearing a size 18 with just a few months of training and now inspires and supports women who think they are too fat to run: toofattorun.co.uk
- **This Girl Can.** This is Sport England's campaign to encourage women to get involved in sport and exercise, and to show the wide variety of different options out there: www.youtube.com/watch?v=toH4GcPQXpc
- **Rio Paralympics 2016 – Yes I can!** This is the Channel 4 advert for the Rio Paralympics, showcasing the incredible achievements of those with disabilities: www.youtube.com/watch?v=locLkk3aYlk
- **NHS Healthy Choices.** This is a campaign run by the NHS to try and encourage people to exercise more. This involves their 'Couch to 5k' podcasts and free activities in parks, and various online campaigns like this: www.youtube.com/watch?v=d0pgHKCGqss

(all videos and webpages available 8/16)

Ask them to think about how they would encourage people to be more active. Who would they 'target' (primary school children? Young people generally? Young men? The elderly? Muslim

women?)? How would they encourage them? What kind of specific barriers to exercise might these people face?

Challenge the young people to create a campaign, using all that they have learned about the barriers to exercising and the benefits of moderate activity, to encourage people to exercise more. This could be a poster campaign, an advert acted out or even recorded with a camera or smartphone/tablet, or a website. It will depend on the resources and time available.

This campaign should be presented to the other groups, but could also be circulated more widely, if appropriate.

Points to highlight

- Different groups of people can face very different barriers to exercise.
- There is a form of exercise or activity for everyone!
- Sometimes joining a group can help motivation.



Extension Activities

There are a number of cheap pedometers on the market such as this one: www.amazon.co.uk/dp/B00JTU4KXA?psc=1 (and many smartphones have their own). You could set a challenge for young people to see who can get the most steps over a set amount of time.



Further Resources

The NHS website contains useful information:

www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx (available 8/16)

Useful information about exercise and mental health:

www.youngminds.org.uk/for_children_young_people/better_mental_health/exercise_mental_health?gclid=CPmEuPf4sL8CFQEUwwod7BIADg (available 8/16)

A TED talk on exercise and learning/creativity:

www.youtube.com/watch?v=LdDnPYr6R0o (available 8/16)

University of Birmingham research focusing on Muslim women's participation in sport:

www.birmingham.ac.uk/schools/ptr/departments/theologyandreligion/research/projects/women-in-sport.aspx (available 8/16)



Links to Other Areas of the Curriculum

Literacy:

Completing the *Caring for the Body* Diary provides opportunities for literacy. Creating a campaign to encourage others to exercise could link to English.

PE:

The benefits of exercise links with PE.

Maths:

The extension activity of counting steps involves maths when adding up people's steps for an overall total.

There are also links to the Healthy Schools Agenda.

