



## Physical Health

### Aims:

To develop an understanding of the importance of exercise on physical and mental well-being.

### Preparation and materials:

- <https://www.youtube.com/watch?v=kE7D7qFayVg&t=333s> [available 05/20](Greatest sports moments)
- <https://www.youtube.com/watch?v=d0pgHKCGqss&list=PL5E2CE6C6078B11E6&index=2> [available 05/20] (Keep healthy with 150 minutes of exercise a week – NHS)
- <https://www.youtube.com/watch?v=XUQTZm21ysl> [available 05/20] (Steve Redgrave looks back at his amazing Olympic legacy )

### Assembly:

1. Play the greatest sporting moments video as students enter the assembly.
2. Introduce the topic of the importance of exercise on physical and mental health. What would life be like without the opportunity to exercise? How would that affect how you live your life? What would the impact be on your daily routines and activities?
3. Ask students what type of exercise they enjoy and are involved with. Explain that exercise does not have to be one type of activity, but everyone can find something they enjoy. Interview a student or member of staff involved in a sport or activity that is different to usual activities. Ask them questions to highlight that there are many types of sports or activities out there!
4. Watch the video link discussing different ways in which people incorporate exercise into their daily lives. Think about how you currently exercise and what ideas you could use to develop your exercise plan. Share with the person next to you how you currently incorporate exercise, how it impacts your life and how you can develop your exercise plan.
5. What virtues do you need to develop an effective exercise plan? Discuss with the person next to you. What steps you need to take to help develop these virtues?
6. Watch the Steve Redgrave video. What has Steve Redgrave had to put in place to become a sporting legend? What can we all learn from someone who has led such a disciplined life in order to achieve his goals?

### Reflection:

Remind yourself how amazing your body is. Also remind yourself that it is our responsibility to keep ourselves healthy in every way we can to ensure that we can live life to the full. How might you use exercise or physical activity to keep yourself healthy or happy? Maybe you could try something new?



## The Character Curriculum

Flourishing for Life



### Challenge:

Make a plan to engage in physical activity. Maybe it could be something simple like walking to school or to town a couple of times in the week. You might want to challenge yourself to try out for a school team or have a go at a sport or activity outside of school.

