

TRY SOME OF THESE ACTIVITIES AT PLAYTIME OR AT HOME...

Football Skipping Join a local sports team

Hopscotch

Running Swimming

Cycling

Tag

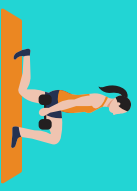
Basketball

HOME WORKOUT

CAN YOU DO IT QUICKER THAN YOUR PARENTS?



10 X PRESS-UPS



15 X LUNGES



20 X STAR JUMPS



25 X SIT UPS

LOCAL SPORTS TEAMS

<https://www.simplyskate.co.uk/about-simply-skate-arena/>

<https://www.placesleisure.org/centres/rotherham-leisure-complex/centre-activities/children/>

<https://www.bramleysunnysidejuniorsfc.com>

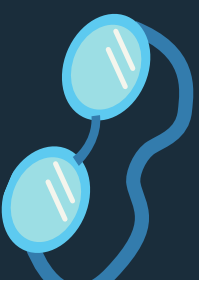
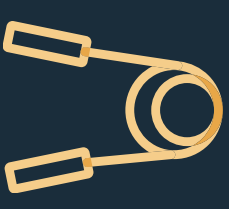
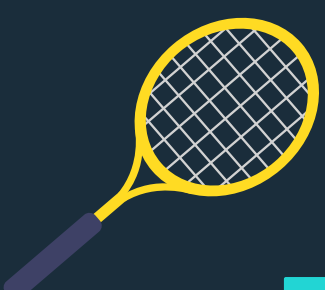
<http://www.rotherhamhawksbasketball.co.uk>

<https://tennisrotherham.com>



EXERCISE IS FUN!

WHY IS IT SO IMPORTANT?



Why is Exercise Important for you?

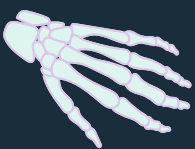
Exercising has been shown to have a positive effect on the way the brain functions

MIND



Exercising helps to keep your heart healthy and your bones strong

FITNESS



MOOD

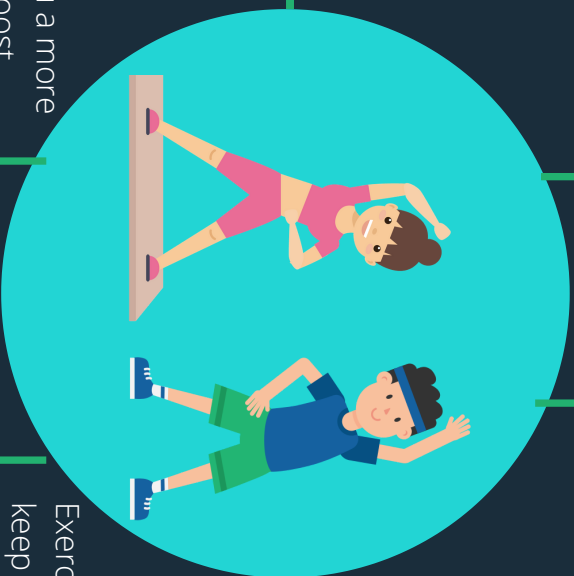


Exercising can help to give you a more positive view of yourself and boost your mood

FRIENDSHIP



Doing exercise and sport is a great way to make new friends



ENERGY



Exercise boosts your energy levels to keep you focussed during the day

SLEEP



Being active leads to improved quality of sleep. You should be getting between 9-11 hours

Research shows
children need **1 hour**
of moderate to high
intensity exercise
a day!

Starting
exercise at an
early
age is essential
to good health

Time in front of a screen
should be limited to
2 hours a day!!

