Improves sleep and energy levels

Helps build confidence

Promotes social skills

Enhances concentration and learning

Boosts self-esteem

Relieves stress

Strengthens muscles and bones

Teaches social skills

Helps maintain a healthy weight

Physical exercise ...

Children need at least 60 minutes of physical exercise DAILY

Getting active...

At school

The students are taught about the benefits of physical activity.

They get plenty of exercise during PE classes and breaks.

At home

Keep active all year round! Hopscotch in spring, badminton in the summer, tag during autumn and sledding in winter!

Helping mom and dad with the chores can be a valuable exercise!

At a club

Children learn about discipline, perseverance and teamwork!

They might even win a few medals along the way!