

Healthy Me

Fitness and heart health

I know that physical activity makes me stronger.

I know that physical activity helps me get better at balancing, jumping, kicking, running etc.

I know that I get tired and out of breath when I do physical activity.

I know that physical activity can make me get hot and sweaty.

Mental health

I know that physical activity is fun and makes me feel good.

Concentration

I know that physical activity helps me do my best in my lessons.

Sleep

I know that when I have done lots of physical activity it can make me really tired.

Long term benefits

I know that physical activity is good for my body now and when I get older.

I know that physical activity is good for my heart.

