

Healthy Me

Fitness and heart health

I know that the heart is a muscle and it needs to be used and kept healthy like other muscles in my body.

I know that my muscles need to be warm before doing physical activity so that I don't injure them.

Mental health

I know that physical activity gives me opportunities to play with my peers and make new friends.

I know that physical activity can make me feel more positive.

Concentration

I know that physical activity can make me focus for longer in my lessons.

Sleep

I know that physical activity can make it easier to get to sleep and helps create a good sleep cycle.

Long term benefits

I know that physical activity is important at all ages as it helps keep the body fit and healthy.

I know that physical activity exercises my heart because it is a muscle. This means it will be healthier when I'm older.

