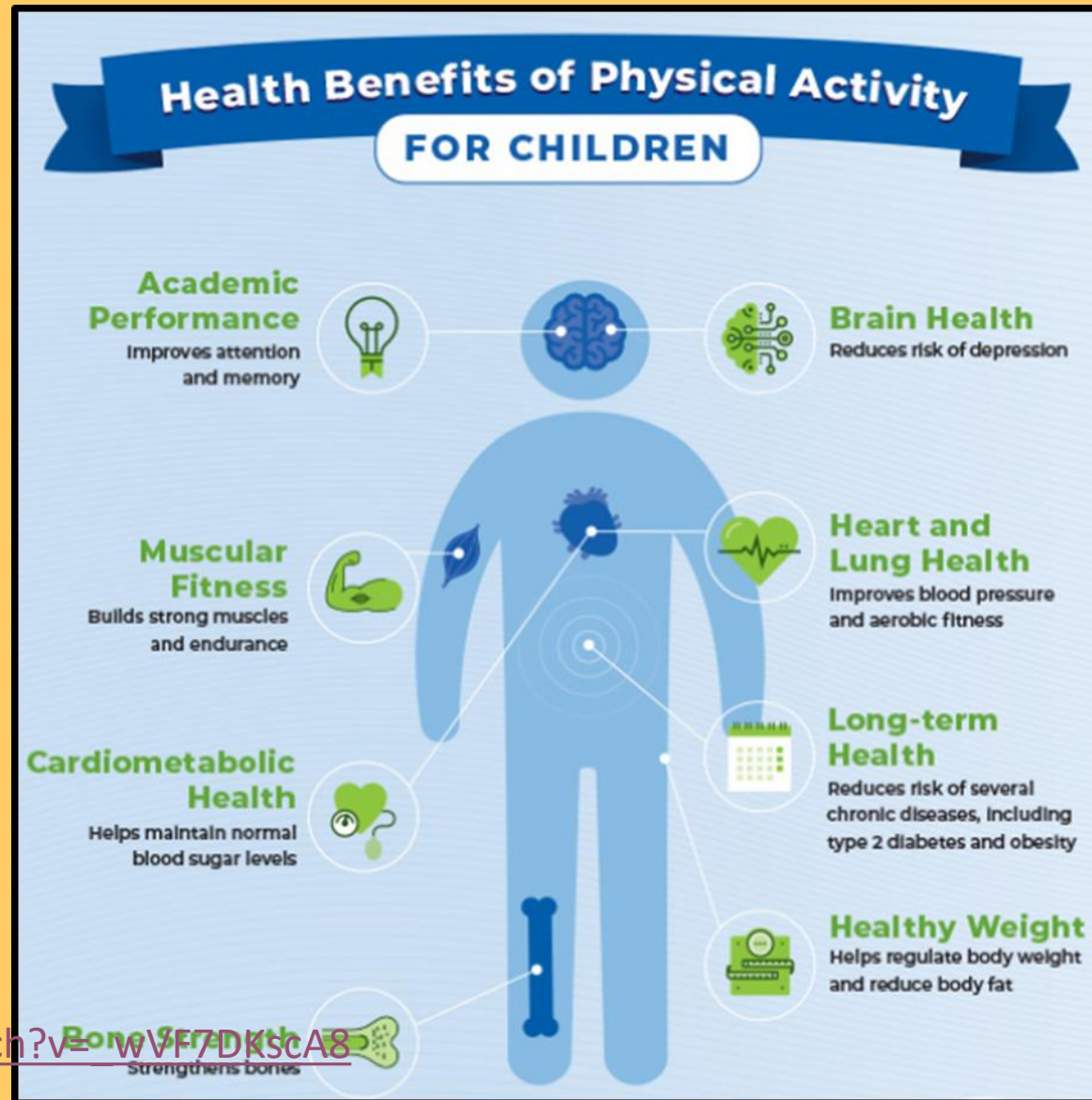




The Importance of Physical Activity for Children in the Early Years

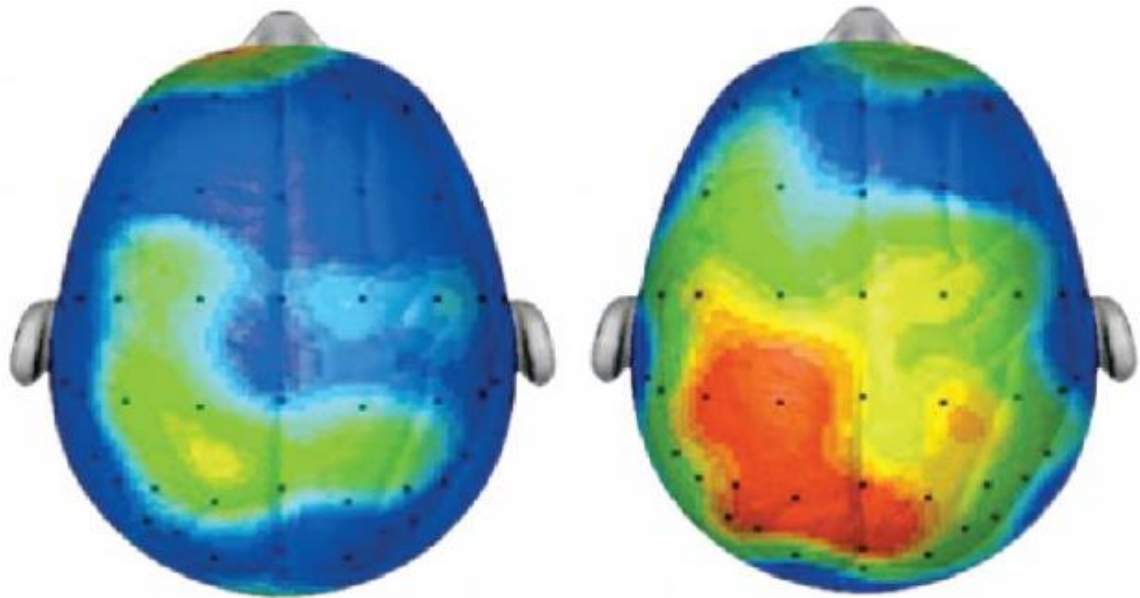
Mr. S. Long,
EYFS / KS1 PE Lead
July 2022

Health Benefits of Physical Activity for Children



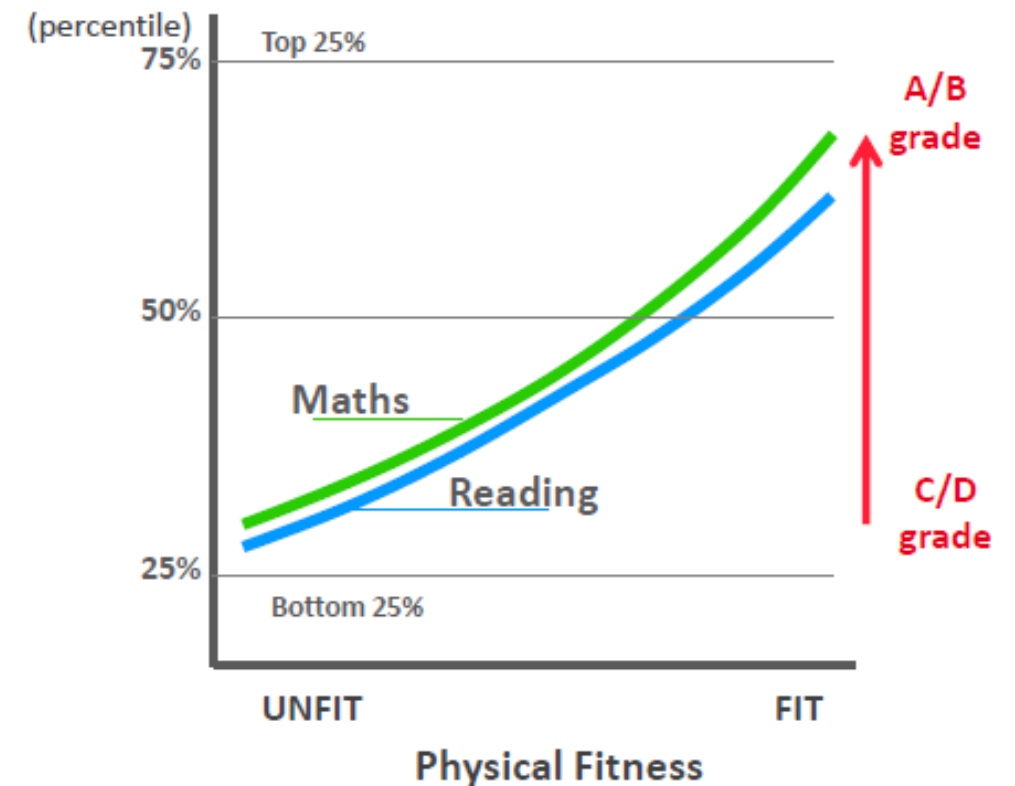
<https://www.youtube.com/watch?v=wVF7DKscA8>

What effect does exercise have on children's brains



AFTER SITTING QUIETLY AFTER 20-MINUTE WALK

Academic Results

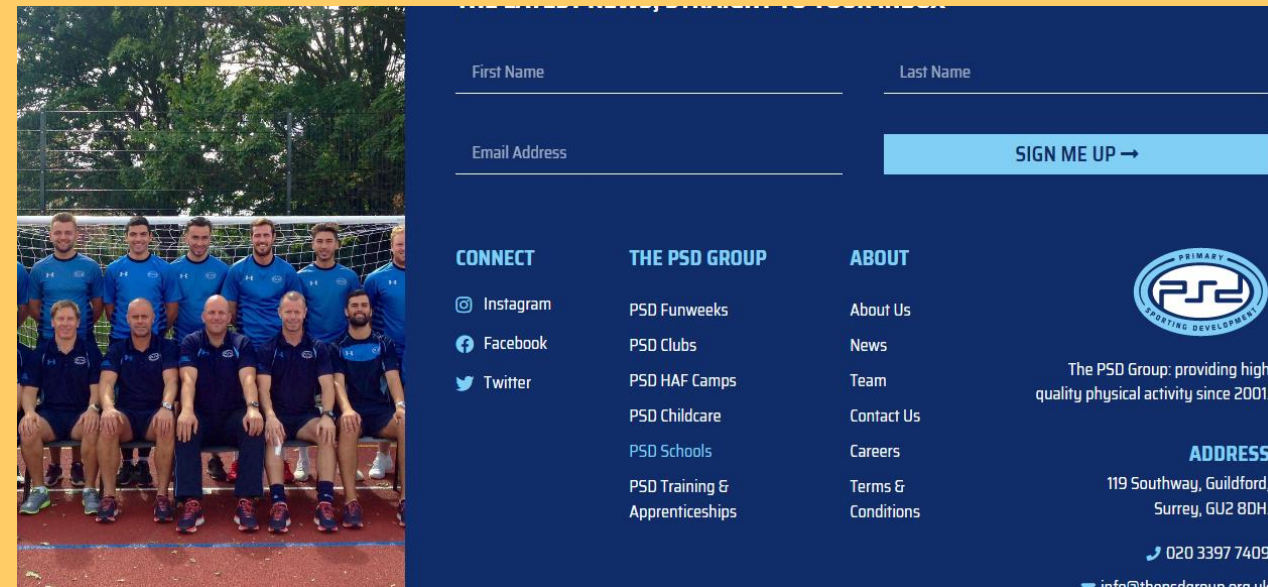


Physical Education at West Lodge Primary

GetSet4PE Curriculum resource



PSD - Primary Sporting Development



Why Active 30:30?



“ACTIVE CHILDREN ACHIEVE UP TO 33% BETTER THAN THEIR INACTIVE PEERS”



What have West Lodge already done?

- The Daily Mile
- The Everest Challenge
- Active learning in lessons
 - e.g. using BBC Supermovers
 - Go Noodle
 - Teach Active
 - Tokyo Tens



Moving Forward

- Active 30:30 tracker

Active 30 mins per day



- Coach25K
- Junior Parkrun
- activities using GetSet4PE, our PE curriculum resource

What can you do at home?

Here are examples of resources which can be accessed at home:

BBC Supermovers

<https://www.bbc.co.uk/teach/supermovers>

Go Noodle Create your own account or view on Youtube

<https://www.gonoodle.com/>

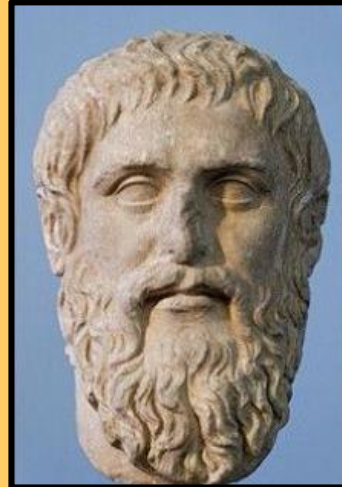
This or That

<https://www.youtube.com/watch?v=bWcn9pW5fJ4>

Joe Wicks Workouts on YouTube

<https://www.youtube.com/watch?v=uqLNxJe4L2I>

Thank you for listening!



Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it.

(Plato)

