

## Why does moving matter?



- \* You will feel better
- \* It is fun
- \* Your body will work better
- \* You will sleep better
- \* It can help you in school
- \* It makes you stronger
- \* It helps you believe what you can do

## Questions to ask the class



- When do you move most in a day?
  - Can you do more?
- How does your body feel after exercise?
  - And your mind?

## Try these ...



- ▶ Run around anytime - playtimes, garden, park, just run, skip, hop, play tag or follow my leader.
- ▶ Can you walk or cycle to school instead of going in the car?
- ▶ Put on some music and dance around the house
- ▶ What can you think of? What would you like to try?