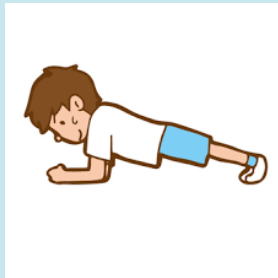




## Why do strength and confidence matter?



- Strength helps you hold your posture well so you can function efficiently.
- It helps your bones and muscles grow well.
- Feeling good about yourself gives you confidence to do what is possible.

## Questions to ask the class



- Do you feel tired if you are sat on the floor without a chair to lean back on? Eg a picnic. Why?
- Do you feel tired if you've had to stand up for a long time? Eg in a queue. Why?
- When you can do something do you feel good?

## Try these ...



- Can you hold a plank for 10, 20, 30, 60 seconds?
- Can you lean against a wall or table and bend your arms and straighten them like a press up? How many?
- Can you lie on your back and rock back and forth with your knees tucked up?
- What can you think of and try?