Health Education, Including Safety

Physical health

Health Education, Including Safety

WALTS

- Identify positive associations between physical activity and promotion of mental wellbeing
- Explain what constitutes to a healthy lifestyle

WILFS

- Understand the connections between physical activity and mental health
- Understand the benefits of physical health

What is health?

The World Health Organisation (WHO) defines health as 'a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity'.

Looking after your physical wellbeing is not only important for your **physical health** itself, or because good physical wellbeing will benefit your **academic performance**. Your physical wellbeing and your lifestyle will also have an impact on your **mental wellbeing**.

Make a list of top tips in your PD books to promote having a healthy body?

Top tips for a healthy body

Eat well

- Forget about dieting, just eat healthy. Have a banana, a small handful of nuts or some plain popcorn when you need a snack.

Get active

- Be more active every day; walk the kids to school, take the stairs instead of the lift or go on a lunchtime walk with your colleagues.

Stay hydrated

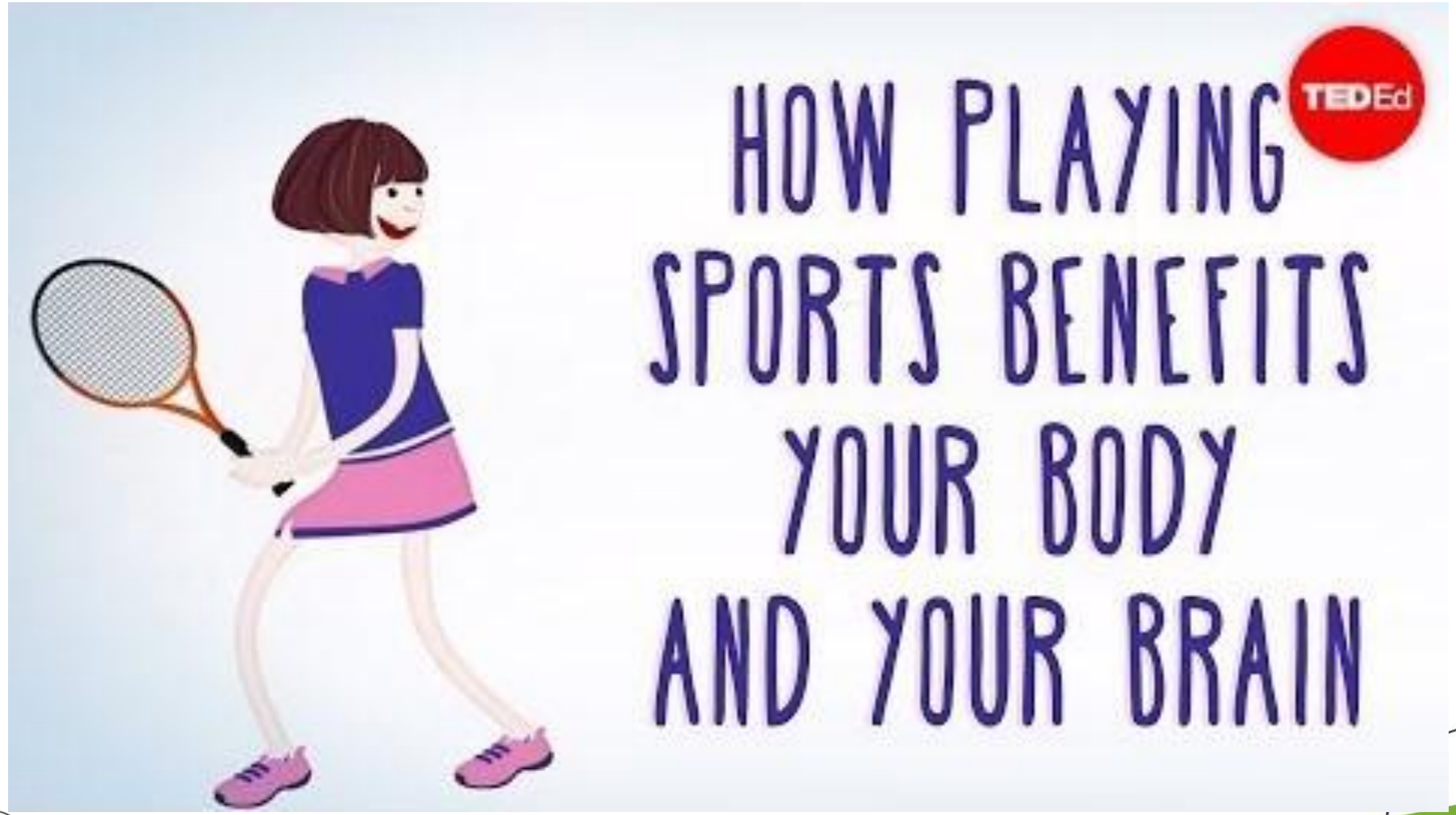
- Avoid fizzy drinks, instead drink plenty of water or decaffeinated drinks – headaches, migraines and lethargy are often triggered by dehydration.

Get a good night's sleep

- Turn your bedroom into a sanctuary of peace and tranquillity by removing any distractions including TVs and computers. Avoid caffeine after 6pm.

Small changes can improve your mood and even increase your life expectancy

What small difference would you like to make?


TEDEd
HOW PLAYING SPORTS BENEFITS YOUR BODY AND YOUR BRAIN

The benefits of exercise

Physiological benefits	
Improve all body systems (muscular, skeletal, cardiovascular)	Reduce risk of back pain
Stronger heart	Stronger muscles, improved strength
Reduction in bad cholesterol	Improvement in functional capacity
Improved circulation	Strengthened immune system
Normalising blood pressure	Improved sleep
Improved bone density	Reduced risk of developing some chronic diseases

Psychological benefits	
Improved self esteem	Quality of life
Improved self confidence	Overall sense of wellbeing
Reduced stress levels	Improved sense of purpose and achievement
Reduced anxiety	Improved concentration
Lower risk of depression	Improved mood

Social benefits	
Helps with the management of chronic health conditions	Reduced social isolation
Reduced risk of premature death	Make new friends
Reduced risk of developing diseases	Sharing an active hobby with others
Less risk of falls in older adults	Trying new activities
Weight loss / weight management	Joining groups and clubs

Inactivity increases the risk of:

- Cardio vascular disease
- Musculoskeletal conditions (osteoporosis, lower back pain)
- Mental health conditions (depression and anxiety)
- Obesity
- Type 2 diabetes

What barriers can you think of to stop someone taking part in sport?

Physical	Motivational	Psychological	Social / time	Financial
I have an injury or disability that stops me	I need to rest and relax in my spare time	I am not the sporty type	I haven't got the time	I don’t have the right clothes or equipment
I am overweight	I haven’t got the energy	I am too shy or embarrassed	I have too much work to do	I can’t afford it
My health is not good enough	I would never keep it up	I might get injured or damage my health	I have family commitments	
I am too old	I don’t enjoy physical activity		I have nobody to do it with	
			There are no facilities nearby	

Barriers to getting physically active

Have you experienced these thoughts?

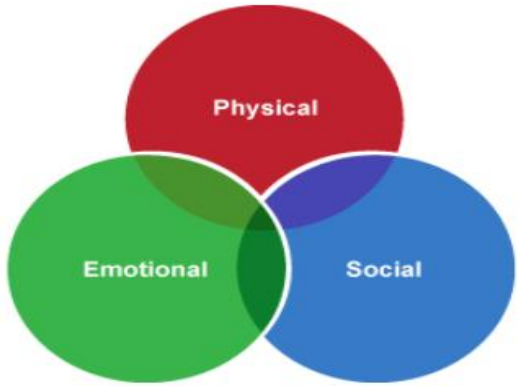
Can you add to these?

What can you do to overcome them?

Physical health

Good physical health is linked to **fitness** – being able to perform effectively the physical tasks involved in life as well as sport. Being physically healthy includes:

- Enjoying being physically active
- Having good balance, coordination and agility in everyday tasks as well as sport
- Having the strength, stamina and suppleness required for daily life, work and play
- Having fewer illnesses, diseases and injuries



Positive lifestyle choices

What positive lifestyle choices could you make to stay healthy?

Positive lifestyle choices

Positive lifestyle choices may include:

- taking part regularly in physical activity
- eating a balanced diet
- getting sufficient sleep
- balancing school/work and other commitments
- making time for relaxation and leisure pursuits
- having good personal hygiene
- avoiding harmful risks, eg smoking, drinking alcohol, taking drugs
- managing risks in the wider environment, eg road safety, in the home
- seeking information about or support for concerns, eg friends, family, doctor, teacher

Task

Create a short poster, art piece, PowerPoint or inspirational short video on why physical activity is important.

Extension: watch and discuss