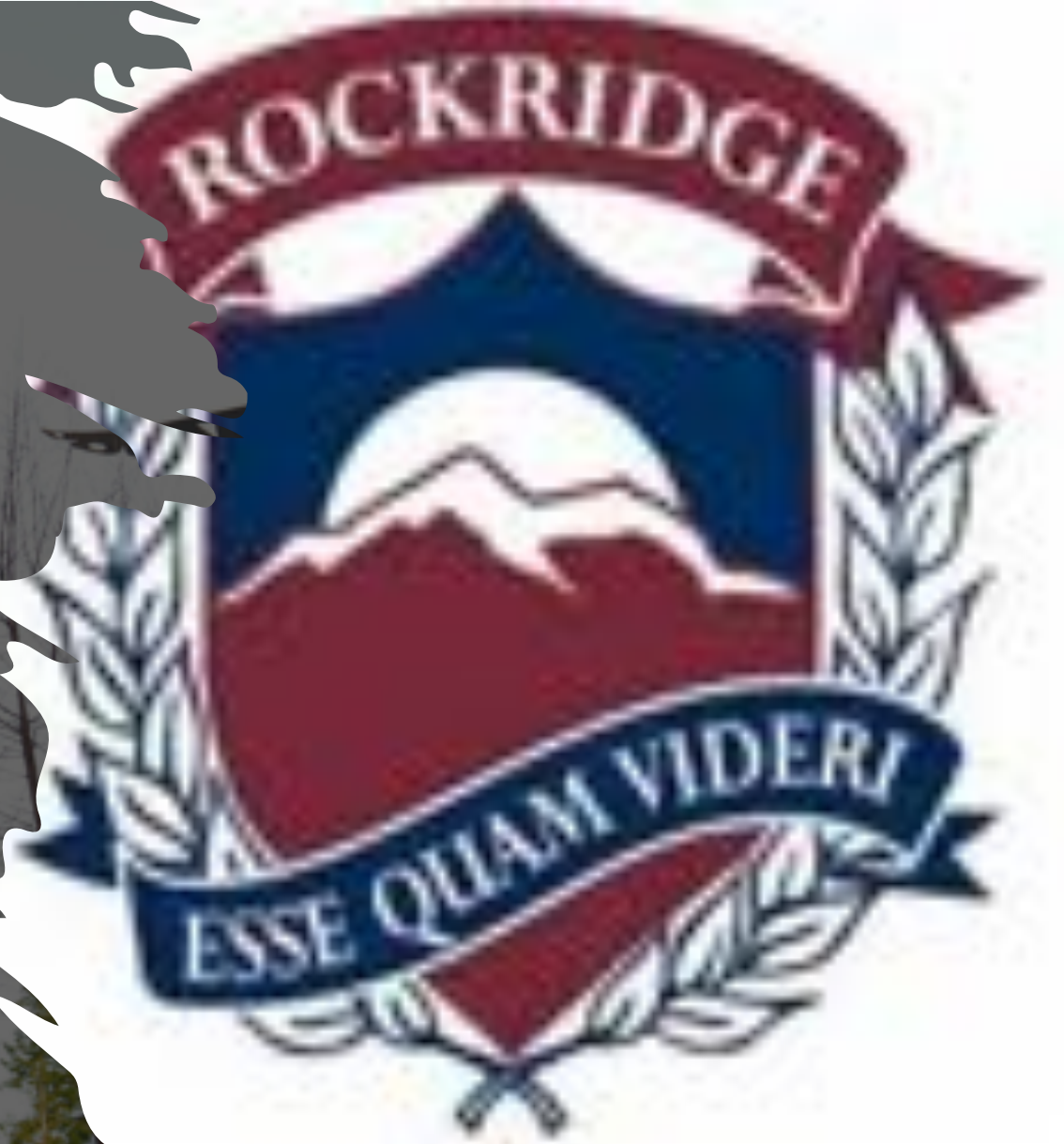


Supporting Physical  
Activity - Rockridge PAC  
– January 2024



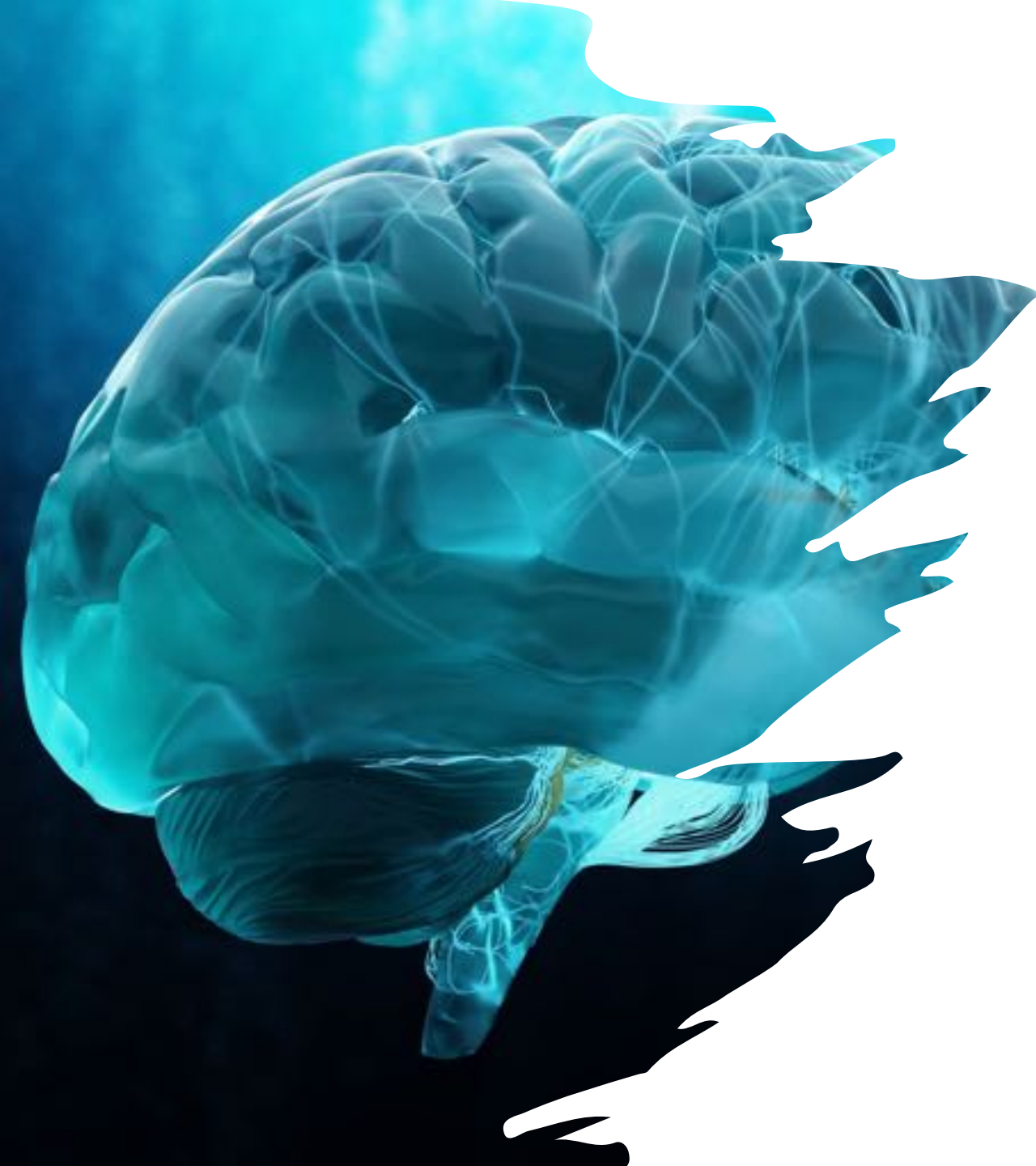


Chat Function Test –  
What is your favorite  
colour?

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**What do you believe are the  
benefits of physical activity  
on learning?**





# **The Benefits of Exercise on Learning at School**

- Improved Concentration**
- Enhanced Memory**
- Boosted Mood**
- Increased Energy Levels**
- Enhanced Problem-Solving Skills**
- Better Sleep Quality**
- Improved Mental Health**
- Increased Brain Plasticity**
- Improved Self-Regulation**



How does physical activity & play at school enhancing sense of belonging?



# The Benefits of Physical Activity & Play in Enhancing School Sense of Belonging

Physical activity and play can significantly improve a student's sense of belonging in school by:

- **Fostering overall well-being and mental health**, which are crucial for fostering a sense of belonging
- Providing opportunities and experiences for students **to build friendships and develop social connections** with their peers
- Sports and recreational games create opportunities for **collaboration, cooperation, and bonding** among students
- Physical activity and play contribute to stress reduction and improved focus, leading to a **positive school experience**
- Play helps create a **supportive and inclusive environment** that encourages physical activity and play enhances students' school sense of belonging and connectiveness
- Physical activity provides an avenue for students **to express themselves and connect.**





# Physical play offers numerous long-term health benefits for youth

- Develops motor skills and coordination
- Strengthens muscles and bones
- Improves cardiovascular health and boosts the immune system
- Promotes social interaction, teamwork, and communication skills
- Aids in stress reduction and improves mental well-being
- Helps students establish a foundation for a healthy lifestyle through physical play

**We all play a crucial role in promoting and providing opportunities for youth to engage in physical activity.**

### **Some Facts:**

- According to research, many youth are not getting enough exercise on a regular basis.
- Sedentary lifestyles, increased screen time, and lack of access to safe play spaces are contributing factors to insufficient exercise among youth.
- The American Heart Association recommends that children and adolescents should participate in at least 60 minutes of moderate to vigorous physical activity every day.







# How can we all support our youth

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- Exercise can also be incorporated into daily routines, such as walking or biking to school, taking active breaks during studying, or joining active clubs or groups.
  - It is important for youth to find activities that they enjoy and suit their interests and abilities, as it increases the likelihood of maintaining a physically active lifestyle.
  - Schools can support exercise by offering physical education classes, active recess periods, and after-school sports programs.
  - Communities can ensure the availability of safe parks, playgrounds, and recreation centers where youth can engage in physical activity.
  - It is essential to educate youth about the importance of exercise and empower them to make healthy lifestyle choices.
  - By encouraging and supporting youth to be physically active, we can promote lifelong habits of exercise and improve overall health and well-being.