

Physical activity

NEWSLETTER

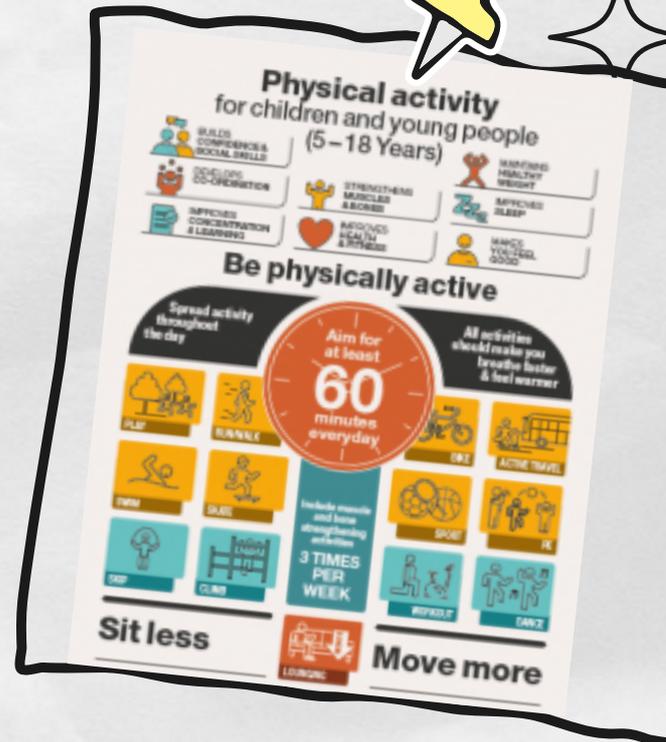
OCTOBER 2023

PHYSICAL ACTIVITY

To maintain a basic level of health, the Chief Medical Officer recommends children and young people aged 5 to 18 should take part in an average of at least 60 minutes of physical activity per day.

Taking part in Physical Activity has many benefits for children and young people, including; improving fitness, increasing concentration, building a stronger heart, bones and healthier muscles. Being regularly physically active improves self-esteem, lowers stress and encourages a better nights sleep.

The NHS has further information [here](#).



Did you know?

Exercise leads to improved motor skills, better thinking and problem-solving. It's a **BRAIN BOOSTER!**

TRY SOMETHING NEW TODAY!

Now is a great time to try a new sport! Joining a team or trying out a new physical activity gives children the opportunity to meet new friends, develop their confidence, learn how to play by the rules, stay focused, be consistent, and work hard towards their goals. It also gives them a taste of competition and teaches them that there's always room for improvement.

CLICK [HERE](#) TO FIND LOCAL SPORTS CLUBS IN YOUR AREA!



2 ACTIVE TRAVEL MONTH

This year's Active Travel Month takes place throughout October and we want as many pupils as possible to get involved!

Actively travelling to school is a great way to boost a child's physical and mental health. It helps them feel alert and ready for the day. Pupils can actively travel by walking, cycling or scooting to school this month.

Last year 8,185 pupils took part in Active Travel month, can we beat that this year?

'I really enjoyed walking to school and helping the environment.'



CHECK OUT OUR ACTIVE TRAVEL HIGHLIGHTS VIDEO FROM LAST YEAR [HERE!](#)

Key October dates

- International Walk to School Month
- Black History Month
- World Teachers Day- 5th
- World Mental Health Day-10th
- World Food Day-16th

STAY ACTIVE FOR LESS!

Click [here](#) to find helpful resources and information for your family to stay active for less.

Look out for our guide to local walking routes and beautiful green spaces South Leicestershire has to offer.



LET'S GET SOCIAL

