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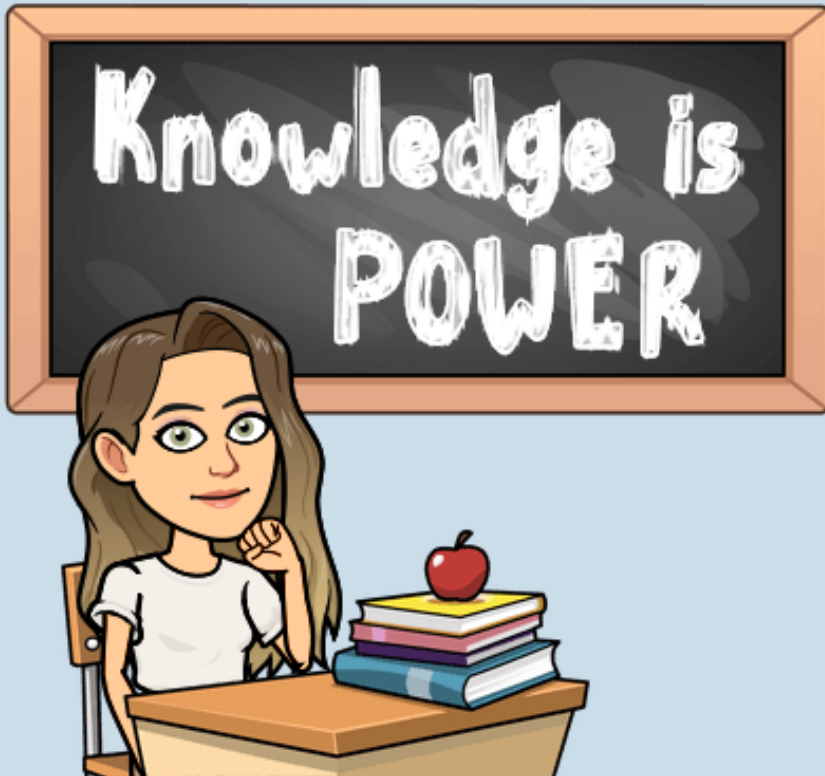


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Exercise and Your Mind

HEALTH AND WELLBEING- LESSON 4

PE & HE

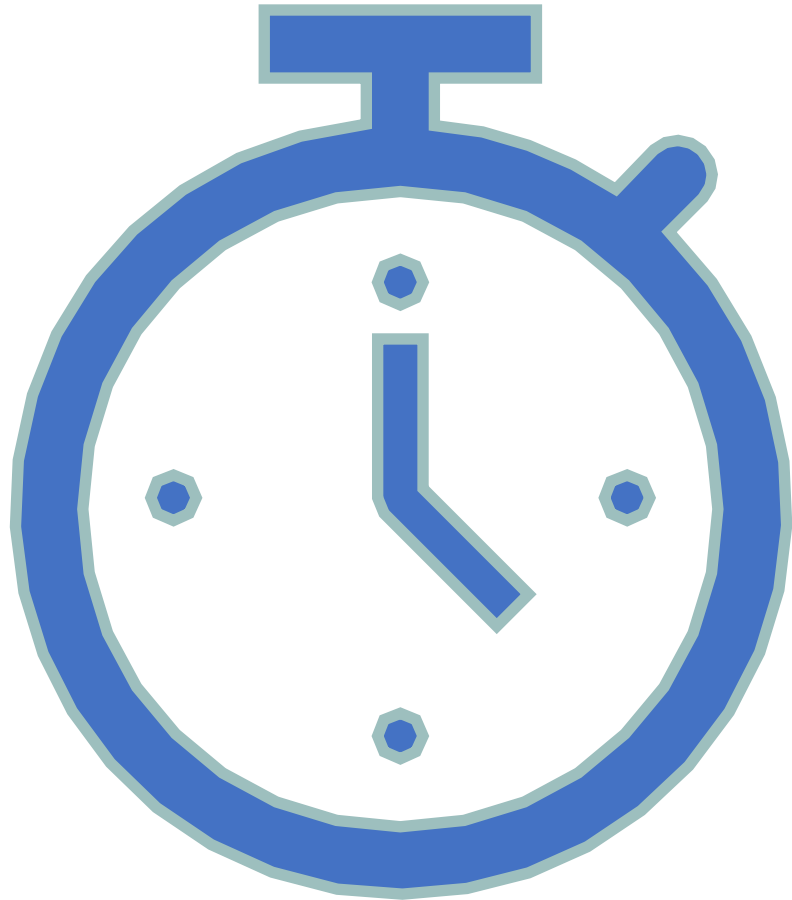


Learning Intentions:

- To develop our understanding of the benefits of exercise

Success Criteria:

- * I can name 2 different ways that exercise benefits me (non-weight related)
- ** I understand why and how exercise improves my mental well-being
 - *** I can complete my exercise diary and mood chart



Starter Task...

Name as many types of activities as you can in 30 seconds!

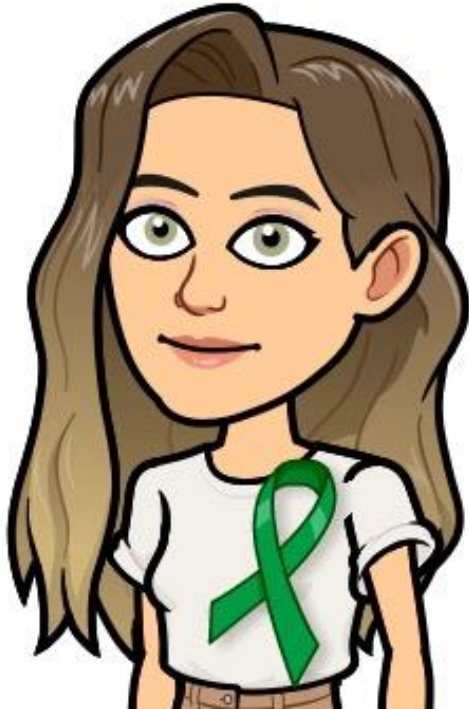
I will be coming to you for examples so be prepared!

Activities

- Basketball
- Football
- Swimming
- Dance
- Gymnastics
- Rugby
- Athletics
- Horse riding
- Hill walking
- Diving
- Cricket
- Squash
- Tennis
- Badminton
- Table Tennis
- Dodgeball
- Rock Climbing
- Ice skating

Exercise and Mental Health...

What's the Link?



- Lots of people think the mind is totally separate from the body and you have to take care of them separately...
but oh how they're wrong!
- Exercise releases chemicals through your body which help you feel good and more positive
- Without the right dosage of these chemicals, your brain chemistry won't be quite right and this can lead to you feeling very tired, experiencing mood swings, and potentially very anxious



Lets look at the different ways
exercise can benefit YOU!

Exercise and Stress & Anxiety

- Have you ever noticed how your body feels when your stressed and anxious?
- Tell me what you think your body may feel or experience when you're stressed or anxious
 - Send your answers in the chat!

Exercise and Stress & Anxiety

- Your muscles may go tense, especially in your face, neck, and shoulders
- You may get headaches or experience problems trying to sleep

Exercising is a natural way to break the stress and anxiety cycle

When you exercise your body;

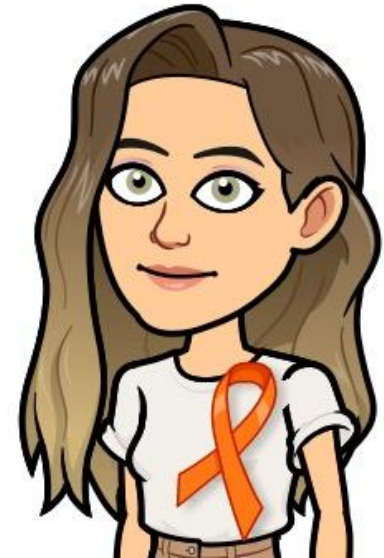
- Relaxes your muscles
- Relieves tension in your body
- Boosts physical and mental energy
- Enhances well-being through the release of endorphins (those chemicals we talked about before!)

Exercising not only improves your physical condition, but it allows you to interrupt the flow of worries running through your head



ADHD

- You might know someone who has ADHD, or you may even have it yourself
- Exercising regularly is one of the easiest and most effective ways to reduce the symptoms of ADHD
- Exercise helps to improve;
 - Concentration
 - Motivation
 - Memory
 - Mood
- Physical activity immediately boosts the brain's dopamine and serotonin levels - both of which affect focus and attention





Better sleep;

Short bursts of exercise in the morning or afternoon can help regulate your sleep patterns'

If you prefer to exercise at night, relaxing exercises such as yoga or gentle stretching can also help promote sleep



More energy;

Increasing your heart rate several times a week will help you feel that “get-up-and-go” sensation more often

Start off with just a few minutes of exercise per day, and increase your workout as you feel more energised



Stronger resilience;

When faced with mental or emotional challenges in life, exercise can help you build resilience and cope in a healthy way, instead of resorting to negative behaviours



Immune System;

Regular exercise can also help boost your immune system, preventing you becoming unwell as often

Other Benefits...



Being Physically Active

- Becoming more physically active just means sitting down less and moving our bodies more
- Physical activity helps maintain your positive mental health
- This doesn't have to mean running marathons or training every day at the gym
- There are lots of different things you can do to be a bit more active
 - For some different ideas, check out the list of activities from the starter task



Task

- Your task is to complete an exercise-mood chart for the next 7 days- starting today!
- Any time you complete any exercise, add it into your chart
- After you have done this, fill in your mood chart
- There are a list of emotions which you can pick from to help describe how you may be feeling
- Then state “yes” or “no” to whether your mood changed more positively after you exercised
- Lets see the benefits exercise has on your mind and well-being!

Health and Wellbeing Lesson 4 – Exercise-Mood Chart

<i>Day</i>	<i>Activity</i>	<i>Time/Distance</i>	<i>How I felt</i>	<i>Was there a change in my mood from before exercising to after? Yes/No</i>
<i>Monday</i>				
<i>Tuesday</i>				
<i>Wednesday</i>				
<i>Thursday</i>				
<i>Friday</i>				
<i>Saturday</i>				
<i>Sunday</i>				

Moods:

- Happy
- Excited
- Motivated
- Tired
- Sad
- Anxious/Worried

If there are any other emotions you experience after you exercise, you can add these in!

You can also add more than one emotion

Fitness Challenge

Complete these **100** exercises to make yourself **100x stronger!**

- 10 jumping jacks
 - 10 sit-ups
 - 10 seconds of running on the spot
 - 10 burpees
 - 10 mountain climbers
 - 10 push-ups
 - 10 squats
 - 10 second plank
 - 10 lunges on each leg
 - 10 second wall-sit
- Can you complete this x3 over the next week?
 - Email us the dates you complete your fitness challenge and how long it took you!



Cooking Challenge



- You will find the “Tuna Pasta Salad” recipe on the Teams Page
- Email us with pictures of your dish so we can see your excellent cooking skills!



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- You can find this PowerPoint, your mood chart and the weekly challenges in the HWB folder

“Files – Health and Wellbeing – Week 4”

- This work should be submitted by Wednesday 3rd March- before your next HWB lesson

Any Questions.?

