

Key stage 2

Pupil C – Piece A: a leaflet

Context: pupils explored persuasive leaflets related to health and well-being as part of their Personal, Social and Health Education studies. They then chose a focus area and researched, planned and wrote their own leaflets. Pupil C chose to write about the impact of exercise.

Sports and exercise

Prepare to have your mind blown !

According to research, exercise is one of the most important factors in keeping healthy. If you want to live a longer and happier life, you should aim to exercise for 30 minutes a day or more . With loads of different sports to try and hundreds of exercise videos online to follow, there's no excuse to be lazy ! Doctors recommend 30 minutes of exercise a day for a healthy lifestyle.

What are the long term benefits ?



Few people know that the physical values in doing exercise are clear - stronger bones and lower blood pressure , larger lung capacity . However, keeping active can reduce the risk of getting a disease (such as a stroke or having a heart attack). Regularly doing a sport can improve memory . It's strange but true that exercise actually gives more energy and promotes sleep. 90% of people who try a new sport end up loving after only 2 weeks. Studies by the university of Harvard have shown that exercise can promise a longer life.

Experts say that exercise also has huge benefits for mental health and wellbeing. People who exercise every day are able to cope with anxiety , stress and other emotions better (like sadness or anger). Everyone knows that having confidence makes you feel good. Well playing sports gives you confidence ! Just imagine how amazing you'd feel scoring the winning goal or finishing a marathon ! Even better you could make new friends with the same interests , so why are you putting it off ? Get out there and try a new sport today at your local gym!

What types of exercise are helpful?

There is a sport to suit every age and ability. Have you tried swimming? It's good for building muscle tone and lung capacity. If you prefer something like yoga, dancing or gymnastics then go for it! Push-ups help with upper body strength, just like sit-ups. Some people love to do boxing, tennis or badminton—these will help your speed and resilience. Finally, any weight-bearing exercise is good for your bones and joints and muscles too. This includes running, walking or basketball. Which sport will you try?