

**THE MOST
IMPORTANT
SUBJECT
BEING
TAUGHT
TODAY**





**A PHYSICALLY
EDUCATED
STUDENT IS
SET UP FOR
LIFELONG
SUCCESS**



A 180° CHANGE IN APPROACH


Health and Physical Education builds on both health literacy and physical literacy. It involves engaging in physical activity every day to be healthy, fit, and happy. It also means understanding how what you eat, what you think, and the choices you make on a daily basis impact both your physical and mental well-being.

It's about providing the tools to enable all students of all abilities to make as many health-conscious choices they can and to help them establish the right habits today that can carry them into the future.





**HEALTHY,
ACTIVE
LIVING IS
FOUNDATIONAL
FOR ALL OTHER
TYPES OF
LEARNING**



IF WE'RE STILL
TEACHING
"GYM CLASS,"
WE'RE PUTTING
STUDENTS AT
A SERIOUS
DISADVANTAGE
FOR LIFE

HEALTH AND PHYSICAL EDUCATION ADDRESSES THE WHOLE PERSON



PHYSICAL HEALTH

helps students

- perform daily tasks without feeling tired
- fight off disease
- recover from illness



MENTAL HEALTH

helps students

- deal with stress
- cope with change
- overcome negative feelings
- maintain a positive outlook



SPIRITUAL HEALTH

helps students

- give life purpose
- understand their self-worth
- find strategies to relieve stress

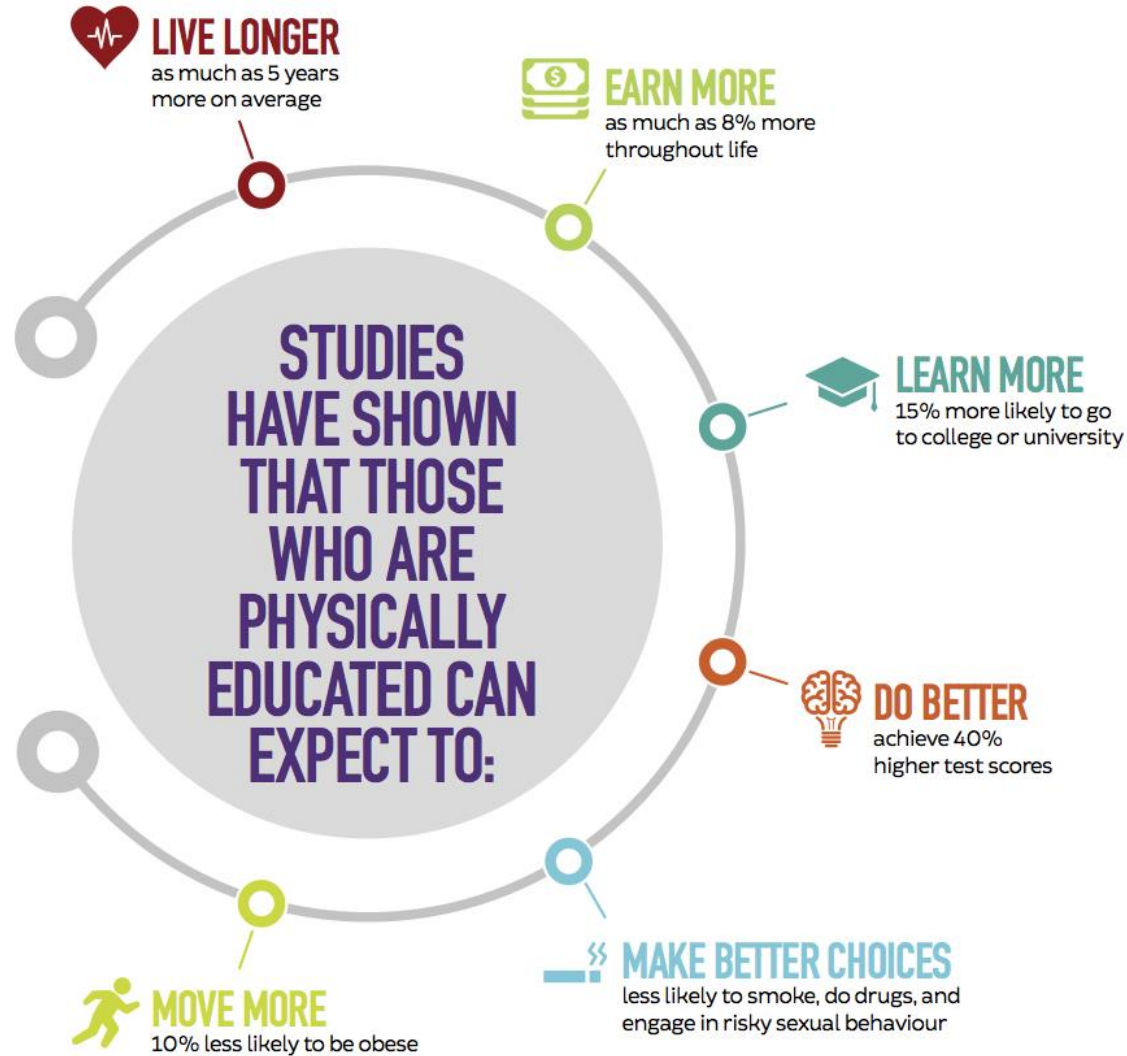


SOCIAL HEALTH

helps students

- feel connected to others
- maintain good support systems
- cope with life's ups and downs

LASTING BENEFITS FOR THE INDIVIDUAL AND SOCIETY



Source: UNESCO, Quality Physical Education (QPE) Guidelines for Policy-Makers, 2015



IT GOES WAY BEYOND JUST THE PHYSICAL BENEFITS

It's well understood that regular physical activity has many benefits for the heart and lungs. That means less chance of heart disease, high blood pressure, heart attacks, and strokes. Physical activity makes bones stronger, reducing the risks for osteoporosis and joint-related diseases such as arthritis. But beyond the physical body, being active has many other benefits.

MENTAL HEALTH BENEFITS

Regular physical activity can reduce stress, anxiety, and depression and has been shown to have a positive effect on self-esteem and sleep habits. It also strengthens your resilience—your ability to find strength in adapting to difficulty, loss, or anything that causes feelings of distress and uncertainty.

SPIRITUAL BENEFITS

People who are physically active are more likely to make connections with others and with nature, and to be more attuned to their spiritual or religious beliefs. Your sense of belonging, meaning, and purpose in life is enhanced by being physically active.

SOCIAL BENEFITS

Physical activity can improve social and emotional health through interactions with other people doing recreational activities, games, and sports. Being active with someone else—a friend, family member, teammate, or workout buddy—makes physical activity more enjoyable.

COGNITIVE & ACADEMIC BENEFITS

Studies have shown that brain health and cognitive performance improve with regular physical activity. These changes boost memory and learning, improve decision making, and allow you to think and communicate more effectively.

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AND HAPPY**

