

# PHYSICAL EDUCATION

Welcome to the Physical Education Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.

This month, we are exploring the incredible benefits of physical activity—beyond just fitness. From boosting your mood and sharpening your focus to unlocking your brain's full potential, we'll dive into how movement impacts both body and mind.

Ready to put the screens down and get moving? Let's discover why even a short walk or quick run can make a big difference!

## READ

Being physically active isn't just about "looking good" or "having good cardio." Regular physical activity offers a wide range of benefits, from improving your mood to helping maintain muscle strength.

Read this article to discover 12 interesting benefits of staying active:

[Workout Results: 12 Ways Exercise Benefits Your Body](#) - health.clevelandclinic.org

## WATCH

Watch this video to learn about the positive physical effects of exercise on your body—both in the short term and over the long run:

[What Happens To Your Body When You Start Exercising Regularly](#) - YouTube

Did you notice any of these benefits after taking part in the recent cross-country trial or fun run?

## LISTEN

Listen to this TED Talk to discover how physical activity positively impacts your brain. Neuroscientist Wendy Suzuki reveals the powerful benefits of exercise and how it can help unlock your brain's full potential:

[The brain-changing benefits of exercise](#) - YouTube

## DO

We recently completed our cross-country trials and fun run, and mentioned that after finishing your run, you might feel more positive, alert and energised.

Research shows that spending more than 4 hours on screens (outside of educational use) can negatively affect your mind. In contrast, 90% of people report feeling happy when they are physically active.

Could you put the screens away for a 30-minute walk or even a 10-minute run?