

HOW ACTIVE HAVE YOU BEEN TODAY?

Everybody should be aiming to do **1 HOUR** of physical activity every day

We can help with our Directed Exercise at Home programme, an everyday, 20 minute timetable of exercises

Miss Wiggin will set you a PE challenge video or game every day - try your best and push yourselves

Find the daily PE videos on your Showbie or Tapestry to enjoy the challenges

IMPROVED
MENTAL
HEALTH

STRONG
HEALTHY
HEARTS

HEALTHIER BONES AND
STRONGER MUSCLES

IMPROVES
IMMUNE
SYSTEMS

BURN CALORIES
TO AVOID OBESITY

MAKES YOU
FEEL HAPPIER
AND AWAKE

THE
COMPASS
PARTNERSHIP OF SCHOOLS

DIRECTED EXERCISE

Be Active and Stay Healthy