

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

Mr Harries will set you a fitness challenge
or game everyday - try your best and
push yourselves

Find the 'Directed Exercise' Loom video
on your Google Classrooms to enjoy
the challenges

IMPROVED
MENTAL
HEALTH

STRONG
HEALTHY
HEARTS

HEALTHIER BONES
AND STRONGER
MUSCLES

BURN CALORIES
TO AVOID OBESITY

IMPROVES
IMMUNE
SYSTEMS

MAKES YOU
FEEL HAPPIER
AND AWAKE

THE
COMPASS
PARTNERSHIP OF SCHOOLS

DIRECTED EXERCISE

Be Active and Stay Healthy