



Health & Wellbeing



THEME: Physical activity- combatting inactivity

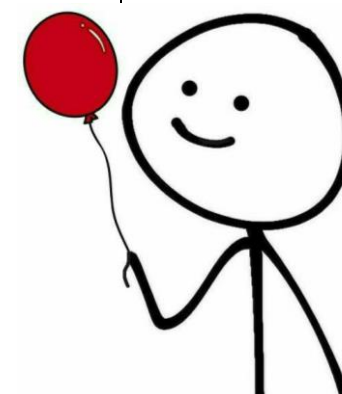
After discussing the importance of getting active, this session will progress and equip young people with the knowledge on the consequences of physical inactivity and barriers to overcome this. As young people become more sedentary, they will suffer a range of issues discussed in this session.

LEARNING OBJECTIVES

1. To recap the importance of physical activity when pursuing a healthy lifestyle.
2. To explore the concept of physical inactivity and why it has become prevalent.
- 3 To understand the consequences of an inactive/sedentary lifestyle.
4. To recognise and understand the strategies that can be used to overcome inactivity.

2

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<p>Talking Partners- Week 1 Recap</p> <p>Gauge Group Understanding</p>	<p>Think-Pair-Share In pairs, think of as many reasons as possible as to why you should get physically active. Can you remember these from last week? (Slide 3) Let's explore the consequences, what happens if you do not physically exercise?</p> <p>Icebreaker: This is space dependant and balloons are required for successful delivery. This encourages teamwork and promotes physical literacy through a variety of motor skill movements.</p> <p>Participants are randomly put into groups of 6 and each group is allocated a balloon. In pairs, the group must get to the other side of the hall and back whilst keeping the balloon up, each person is only permitted to touch the balloon once at a time. If the balloon touches the ground or is touched by the same person consecutively, they must restart.</p>	30 minutes



PowerPoint

Society has changed a lot in the past 100 years. (Slide 6)

Pose these group questions – what type of jobs would people have done 100 years ago? (Slide 6)

What is different about society/work now? And has jobs and society created more sedentary lifestyles? (Slide 6)

Many jobs do not involve a lot of physical exertion, do we need to place more emphasis on getting active more so than previous generations? (Slide 6)

Debrief: the new sedentary nature of work and life has created a need to actively integrate physical activity into our lifestyles and allocate time for walks, running or structured activities. Lifestyles are now focused on convenience, but this is not always best for our health.

In groups with flip chart paper:

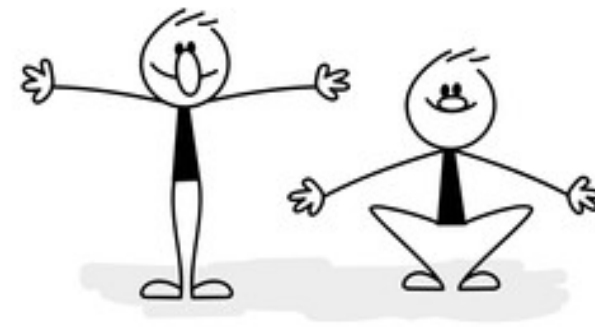
Discuss the importance of trying new activities.

In groups, come up with as many barriers that prevent you from engaging in physical activity.

Collective: have a look at the slide and from this, what are the three main barriers from this list that impact your club or community?

Individual: from a personal perspective, what are the main barrier you experience or overcome daily when it comes to getting involved in physical activity? Write this down in a journal. This can be used as an alternative method of assessment.

60 minutes



<p>Group Task</p>	<p>Come up with a collective action plan to overcome the barriers to physical activity for your club. (Slide 7) Strategies to overcome sedentary lifestyles and inactivity.</p>	<p>60 minutes</p>
<p>Individual Task</p>	<p>Come up with your own individual action plan that will allow you to overcome barriers.</p> <p>Write this in your booklet.</p> <p>Use the format on the slide: X3 barriers to exercise How I will overcome each of these.</p> <p>This session will therefore identify an issue, revise a collective strategy to overcome the issue and then apply it to your own individual lifestyle.</p> <p>Did you achieve this?</p>	

