



# Health & Wellbeing



# 2

**THEME:** Physical activity- combatting physical inactivity

After discussing the importance of getting active, this session will equip young people with the knowledge on the consequences for 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. Progress from week 1 and reinforce the importance of physical activity.
2. To obtain a detailed understanding into the consequences of inactivity.
3. Identify and understand the barriers to participation in physical activity.
4. Young people to recognise and understand how to overcome these barriers.

CONTENT	METHODS/ RESOURCES	APPROX. TIME
<b>Ice breaker</b>	This is space dependant and balloons are required for successful delivery. This encourages teamwork and promotes physical literacy through the execution of a variety of motor skill movements. 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.	15 minutes
<b>Talking Partners- Week 1 Recap</b>	Think- pair- share- 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? What do you think these are? Using flip chart paper in smaller groups, list as many consequences as you can.	

