



PHYSICAL ACTIVITY

South Leicestershire School Sports Partnership Newsletter



October 22

Physical activity

for children and young people

(5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS



MAKES
YOU FEEL
GOOD

Be physically active



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

MARATHON MONTH

The London Marathon takes place this year on **Sunday 2nd October**. To mark the occasion, we're bringing back our virtual Marathon Month in conjunction with **Active Travel Month**. We'll be challenging all staff, students and parents in South Leicestershire to cover the total distance of the marathon, **26.2 miles** over the month of October. This can be done by running, swimming, walking or a combination of the three. If this is too easy, why not challenge yourself to cover the distance of 2, 3 or even 4 marathons?! If you'd like to get involved, email Hussein at mkhan11@southwigston.leics.sch.uk

Participants will receive a certificate and will be also be entered into a prize draw to win **amazon** vouchers!

PHYSICAL ACTIVITY

To maintain a basic level of health, children and young people aged 5 to 18 need to achieve their physical activity guidelines. It is recommended that you achieve 60 minutes of physical activity a day, every day all week. Adults (aged 19–64) have different physical activity guidelines. Taking part in Physical Activity has many benefits to our health such as controlling weight, regulation of blood pressure, reduce the risk of depression, helps prevent cancers and strengthens the heart (NHS, 2019). Click [here](#) for more information.

Active Oadby and Wigston's Top Tips to #GETMOVING FOR LESS



Use one of our 3 outdoors gyms in the borough



Sign up to one of our free or low cost programmes



Use home workouts from Youtube



Explore your local parks & green spaces by foot or bike



GOOD LUCK!



ACTIVE TRAVEL MONTH

This year's Active Travel Month will take place throughout October and we want as many pupils as possible to get involved!

Actively travelling to school is a great way to boost a child's physical and mental health. It helps them feel alert and ready for the day.

Pupils can actively travel by walking, cycling or scooting to school this month.



POSITIVE IMPACT

*Last year **8,186** pupils took part in Active Travel month, can we beat that this year?*

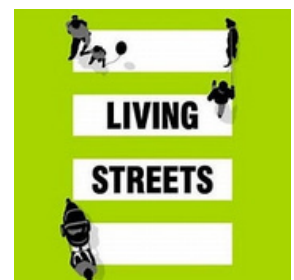
"I really enjoyed walking to school and helping the environment"

"This has got the children thinking about how they come to school. They have also been thinking about why this is important and the impact that it can have coming to school actively"

- **International Walk to School Month**- Living Streets
- **Black History Month**
- **Bike to School Week** 3-7th Oct
- **World Mental Health day**- 10th Oct

Key October dates

Find out more about International Walk to School Month here!



LET'S GET SOCIAL!



@lsissp



@learningsouthleicestershiressp



@southleicestershiressp