

## How to maintain physical health

Year 7

Year 8

Year 9

Year 10

Year 11

Reasons to exercise, places & types of sport in Stoke on Trent, Sport and the media

Why exercise is important, government initiatives, what exercise should feel like

Fitness testing. Inspiraional sporting achievements & goal setting

First aid, dealing with injuries. Diet & nutritional information.

Benefits of exercise, social & physical. Making time for exercise and how to make changes

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