



BROMSGROVE SCHOOL

SPORT BULLETIN

Topic of the Week

How does Exercise affect your Emotional and Social Health?

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Emotional Health

To feel good:

Exercise/physical activity produces serotonin (the feel-good hormone) proving exercise is not only good for the body but also the mind.

To look good:

Exercise will make us look good with better muscle tone and less fat. All of this increases emotional health.

To relieve stress:

Exercise can provide a distraction from the problems of daily life.

To increase self-esteem & confidence:

Many activities provide a physical challenge. Overcoming challenges can give you a sense of achievement, which can lead to a boost in confidence/self-esteem.

For enjoyment:

Most people who regularly take part in exercise do so because they enjoy it, and they benefit from increased social interaction.

Social Health

Mix with others:

When playing in teams, you mix with other people of the same interest, you develop teamwork, co-operation and empathy skills. You also play against others and develop qualities such as good sportsmanship (being able to win and lose).

Make new friends:

You might meet someone at an aerobics class and become friends, socialising away from the class. In team sports you come up against people you have never met, they could become new friends, inviting you to visit them.

Develop teamwork and cooperation:

Being part of a fitness class, sports team or health club, you will need to be able to co-operate and follow instructions. In addition, showing good etiquette by wiping fitness equipment is developing your co-operation skills.

Check out this small snippet of the wellbeing bingo that our PE department has produced. How many tasks can you tick off? (Please remember to follow your local COVID-19 guidelines)

Play twister outside	Build a shelter	Do a random act of kindness	Go for a picnic in the garden	Take a dog for a walk	Meet a friend for a run
Practice sprints	Practice cartwheel	50 leg raises	Eat outside	Listen to 'Ted Talks Daily'	Go for a 1 hour walk
80 high knees	Stand on left leg for 3 minutes	Write 3 things you did well last week	50 netball shots	Climb a tree	Go for a 10 minute bike ride
Hold plank for 30 seconds	30 bicycle crunches	Go for a 30 minute bike ride	Catching with non-dominant hand	30 bunny hops	Camp outdoors
Learn to juggle	10 press ups	100 burpees through the day	Splits practice for 15 minutes	Practice shoulder stand	150 forward punches

Workout Videos

Week 2: SPEED

Basic: <https://bit.ly/2NvbFcw>

Advance: <https://bit.ly/2Ydn0jl>

Challenge 3: <https://bit.ly/3pxGBqA>

Mobility: <https://bit.ly/39ijsCY>



Previous bulletins and useful sport information can be found on Twitter: <https://twitter.com/PmullanPaul>
<https://twitter.com/BromsSport>



"I am building a fire, and every day I train, I add more fuel. At just the right moment, I light the match." – Mia Hamm