

Feeling Good For Schools

This lesson, aimed at KS3, explores some of the criteria from the **Mental wellbeing** and the **Physical health and fitness** sections of the DfE's *'Relationships Education, Relationships and Sex Education (RSE) and Health Education'* Statutory Guidance.



Feeling Good For Schools

Sports and Mental Health: What's the link?

Lesson objectives:

- to explore the benefits and importance of physical exercise on mental wellbeing and happiness
 - to identify and understand the positive associations between physical activity and mental wellbeing.
-
-



Vocabulary Quiz

Match the words with the correct definitions OR put each word into a sentence that makes it clear what its meaning is.

	Words	Definition	
1	Mental health	The state of feeling healthy and happy	a
2	Physical health	The need or reason for doing something	b
3	Wellbeing	A person's overall sense of their value or worth	c
4	Self-esteem	The state of being free from illness or injury	d
5	Motivation	A state of wellbeing in which the individual realises their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community	e

Vocabulary Quiz - Answers

Match the words with the correct definitions OR put each word into a sentence that makes it clear what its meaning is.

	Words	Definition	
1	Mental health	The state of feeling healthy and happy	a
2	Physical health	The need or reason for doing something	b
3	Wellbeing	A person's overall sense of their value or worth	c
4	Self-esteem	The state of being free from illness or injury	d
5	Motivation	A state of wellbeing in which the individual realises their own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to their community	e

What does it mean to have good physical health?

Write down some ideas.



Feeling Good

What does it mean to have good physical health?

Some of the things you might have mentioned are:

- You exercise regularly
- You have a good, balanced diet
- You don't smoke
- You have good hygiene
- You look after your skin



Feeling Good

What does it mean to have good mental health and wellbeing?

Write down some ideas.



Feeling Good

What does it mean to have good mental health and wellbeing?

Some of the things you might have mentioned are:

- You can express lots of different feelings/emotions
- You know how to calm down if you become angry
- You know how to make yourself feel happier if you feel unhappy
- You can handle small changes that happen in your life
- You can handle big changes that happen in your life
- You have good relationships with friends, family, teachers
- You're curious about the world and like to try new things or learn new skills
- Being in the moment (you're able to do something without being distracted by your thoughts (worrying) which helps you to enjoy life more)

Good physical AND mental health

If you have good physical health, this can help you to have good mental health.

For example, regular exercise is good for your health and wellbeing because:

- it helps to raise your self-esteem
- it helps you to set and achieve goals
- it gives you more energy
- it puts you in a good mood



Feeling Good

What motivates people to be physically healthy?

Put these reasons in order

1 = the top reason you think people give for wanting to be physically healthy

5 = the least important reason people give for wanting to be physically healthy

- It makes you feel happier
- It helps you to live longer
- It helps to protect you from illness and disease
- It makes you look good
- It gives you more energy



Feeling Good

What motivates people to be physically healthy?

What did you choose as the number 1 reason why people might be motivated to look after their physical health?

Watch up to 3 minutes 23 seconds of [this video](#), where Personal Trainer Chris Wharton, who also has a degree in Science and Medicine, talks about some of the positive effects of exercise.

In Personal Trainer Chris Wharton's experience, why do most people decide to start exercising?



Feeling Good

Change the way you think

What if our physical fitness goals weren't based on superficial things like looking good, but were instead based on the things that really matter, like being happy and feeling good?

When we think we want to look good, it's because we think that looking good will make us happy, but research shows that using strategies and techniques to reduce stress, build resilience, feel calmer and more motivated are the things that will make us happy and that any happiness we feel from looking good won't last.

Good physical fitness can help us to achieve good mental fitness and vice versa.

Exercise your mind

In order to stay physically fit, we need to exercise. The same applies to staying mentally fit!

Exercising your mind doesn't mean spending hours meditating - you can learn to be mentally fit by just taking a few minutes for yourself in the morning or before you go to bed when you make a conscious effort to relax your mind and body.

We have a FREE app that you can download to help you with this. It's called **Feeling Good Teens** and it's based on our NHS-approved adult app Feeling Good: mental health. Listen to one of our tracks on the next slide.



Feeling Good

3 Minute Mindfulness



Exercise your body

Make a list of all the sports activities or clubs that you know about at school.

Discuss as a class:

- Are there any that you didn't know about?
- Who could you speak to if you wanted to find out more about how to get involved?



Feeling Good

Exercise your body

Discuss as a class:

- Does anyone take part in any sports clubs outside school?
- Where are they and when do they take place?
- Are they looking for new members?
- Where could you find out more information about other activities or clubs in your local area?



Feeling Good

What type of exercise would suit you best?



Joe Wicks, who helped to keep the nation exercising during the lockdowns, suggests:

- If you're looking for a sport to build friendships and avoid loneliness, try a team sport like football or netball.
- If you're looking to calm your mind, try yoga or pilates.
- If you're looking to release tension, you could try boxing.



Feeling Good

What type of exercise would suit you best?

If taking part in a sports club at school isn't an option for you and none of the clubs outside of school that your peers have mentioned take your fancy, what else could you do to exercise?

- Have a look at this comprehensive list of club finders for different sports and activities on the BBC Sport website to get some ideas:
<https://www.bbc.co.uk/sport/get-inspired/45353880>
- Look on YouTube (with your parents'/carers' permission): there are LOADS of exercise videos from yoga or pilates to HIIT or dance workouts. Your starting point might be Joe Wicks!



Feeling Good

So what are the benefits of getting physically and mentally healthy whilst you're young?

Learning to be mentally fit alongside being physically healthy can ensure you:

- Are better able to cope with life's challenges
- Feel happier
- Have skills for life for mental wellbeing.

Mental health promotion and prevention are key to helping young people thrive.

Review

Today, we learnt:

- About ways to be physically healthy
- About ways to be mentally healthy
- About the connection between physical and mental health
- About the importance of physical and mental health in order to live a long and happy life.

Write down one thing that you will do differently, starting this week, to make yourself feel good.

Feeling Good Teens

You can access the audio track that we listened to today plus lots of other tracks to help to exercise your mind any time you like via the **Feeling Good Teens app** (suitable for anyone aged 10+) which you can **download to your phone**. Just type '**Feeling Good Teens**' into the search engine in your app store.

Use these log-in details to access the app for free!

Username: chill

Password: time



Feeling Good For Schools

We hope you enjoyed this lesson!

If you want to find out more about the link between **Sports and Mental Health**, why not join our [panel event](#) on **Thursday 17th February from 3.30 - 4.30pm**, where Foundation for Positive Mental Health, Phil Packer MBE, and World Record holder Josh Quigley will be discussing this topic?

The screenshot shows an Eventbrite event page. At the top, there is a search bar with the text 'Search events' and navigation links for 'Browse Events', 'Organise', and 'Help'. The main event banner features a purple background with a green and yellow corner graphic. The title 'Sports and mental health: what's the link?' is prominently displayed. Below the title, it says 'in conversation with...' followed by a list of speakers: Phil Packer, MBE and Josh Quigley. A gold medal icon is next to the speakers' names. Logos for 'The Foundation for Positive Mental Health', 'BRIT', and 'Feeling Good' are visible at the bottom of the banner. To the right of the banner, the date 'FEB 17' is shown, along with the event title 'Sports and Mental Health: What's the link?' and the organizer 'by Foundation for Positive Mental Health'. It also indicates '183 followers' and a 'Follow' button. Below this, the price is listed as 'Free' and a green 'Register' button is present. At the bottom of the page, there is a description: 'Foundation for Positive Mental Health, Phil Packer MBE, & World Record holder Josh Quigley discuss the links between sport & mental health' and the date and time: 'Thu, 17 February 2022 15:30 - 16:30 GMT'.

Feeling Good For Schools

Teachers - to find out more about the work we do or for information about how to deliver our six week wellbeing and resilience programme for KS3 '**Feeling Good For Schools**', watch [this short video](#) or contact us:

Twitter: @feelinggdschool

www.feelinggood.app

rebecca@fpmh.org.uk

Have a great day!

