

Health & Physical Education

Health education encourages students to: manage their own well-being; make health-enhancing choices, making plans, and action goals. support the well-being of others; learn how to communicate effectively and see issues from different perspectives.

Physical education explicitly teaches the necessary knowledge and skills for working with and relating to others and provides the learning opportunities to develop these skills.

Why Study Health Education in School? Supports Personal Growth.

The Research - Benefits of Health and Wellbeing

1. Boosts feelings of positivity and relaxation and gives you a sense of purpose and control over your life.
2. Improves your energy and productivity.
3. Improves your mental health and resilience, and lowers the impact of stress, anxiety, and depression.
4. Strengthens your muscles, helps you to feel fitter and more flexible, reduces aches pains, lowers your blood pressure, improves the health of your heart, and lowers your risk of diabetes.
5. Improves the quality of your sleep.
6. Boosts immunity and improves your're eating and drinking habits.
7. Improves your social interactions.
8. Helps you to live a longer, happier, and healthier life and allows you to be the best person you can be.

Why Study Physical Education in School? Develops teamwork, leadership, and interpersonal skills.

It enables the development of leadership and teamwork skills and encourages students to transfer knowledge to other learning areas. It does this for example, by supporting students to work cooperatively in other subjects, or when working with groups in a leadership role in the school setting and in their lives outside of school in sports clubs or community groups.

The Top 9 Benefits of Regular Physical Activity & Exercise:

1. Exercise can make you feel happier.
2. Exercise can help with weight loss.
3. Exercise is good for your muscles and bones.
4. Exercise can increase your energy levels.
5. Exercise can reduce your risk of chronic disease.
6. Exercise can help skin health.
7. Exercise can help your brain health and memory.
8. Exercise can help with relaxation and sleep quality.
9. Exercise can reduce pain.

