**Healthy Active Lifestyles: exercise & sport**

Why important?

* Fitness & Resilience
* Physical skills & abilities
* Social skills; confidence; communication
* Self-discipline & Sporting Behaviour
* Trust & Teamwork
* Enjoyment
* Concentration/mental agility

**You said….**

**Sporting Activities in future…**

* Track running; basketball;, badminton; hockey; golf
* More Gymnastics; Dance; Cricket; Rugby
* Use MUGA even more!
* Daily walks/runs
* Olympic Sports e.g. Archery