My Virtual PE Teacher

Making your classroom virtual

AQA
Realising potential

Health and Fitness

Health

Well-being

Fitness

Social health and well-being

Mental health and well-being

Physical health and well-being

Improve ability to cope with demands of environment

Greater opportunity to socialize and make friends

Reduce stress

Can carry out everyday tasks without feeling tired

Reduced chance of injury

Encourage co-operation skills

Release feel-good hormones (e.g. serotonin)

Prevent obesity

Makes it easier to complete physical work

Encourage teamwork skills

Able to control emotions and work productively

Improve heart function

Ensures essential human needs are met

Improve efficiency of body systems (e.g. CV)

Reduce chance of illness