My Virtual PE Teacher
Making your classroom virtual
AQA
Realising potential
Sedentary Lifestyle
Poor sleep/insomnia
Feeling tired and lethargic
Poor self-esteem/confidence
Diabetes
Heart disease
Gaining weight becoming obese
Hypertension
Having a lack of friends/ poor communication skills
Physical health and well being
Physical health and well being
Mental health and well being
Physical health and well being
Physical health and well being
Physical health and well being
Physical health and well being
Social health and well being
Mental health and well being