



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

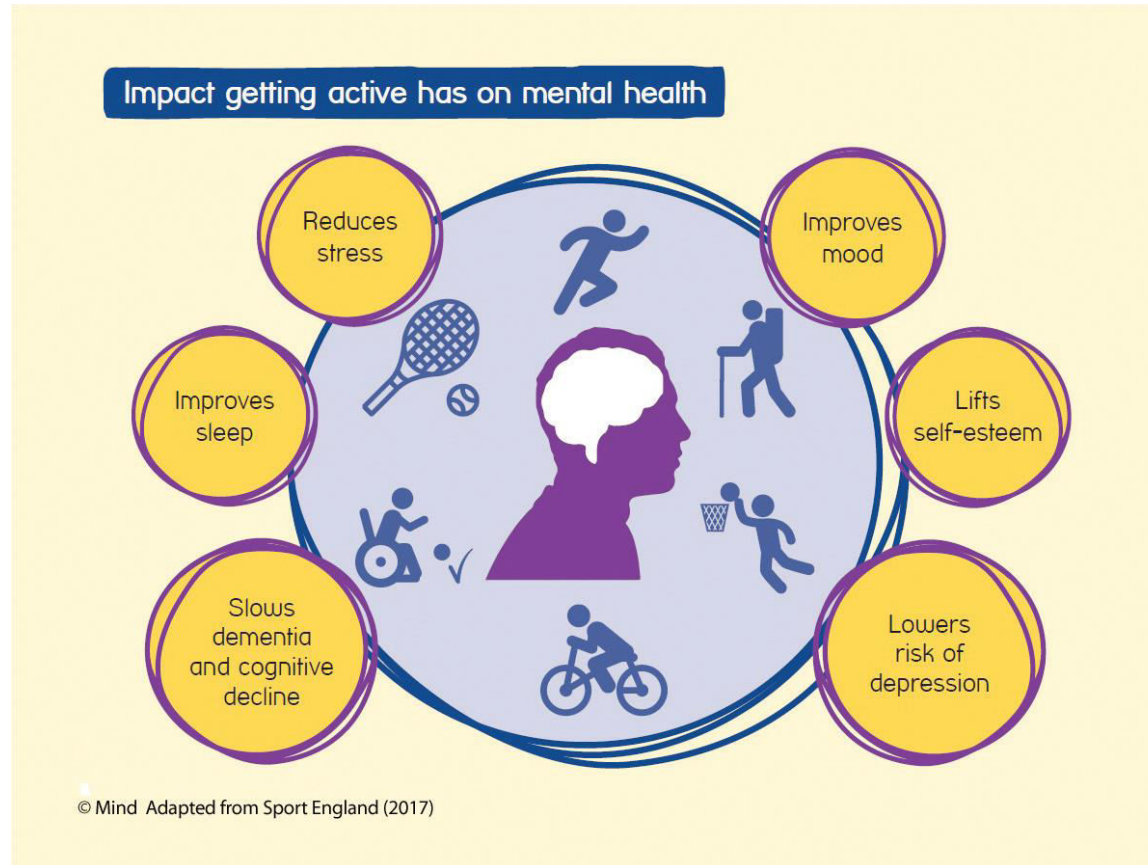
- How can 'being active' help with wellbeing?
- What activity is going on in your local area?



Wellbeing

How can this help your wellbeing?

Physical benefits: muscle tone and strength, healthier heart, a lower risk of developing many long-term (chronic) conditions, better posture, stronger bones, lower blood pressure



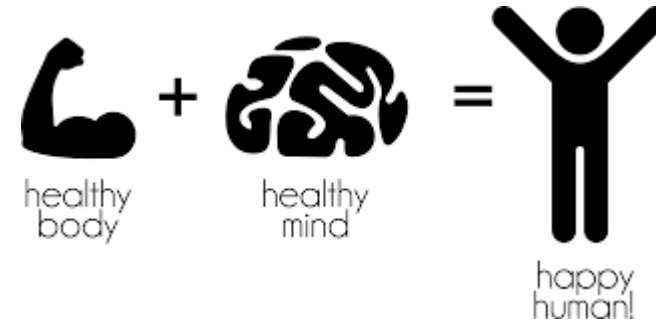
**DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD**

How does being active help with your wellbeing?



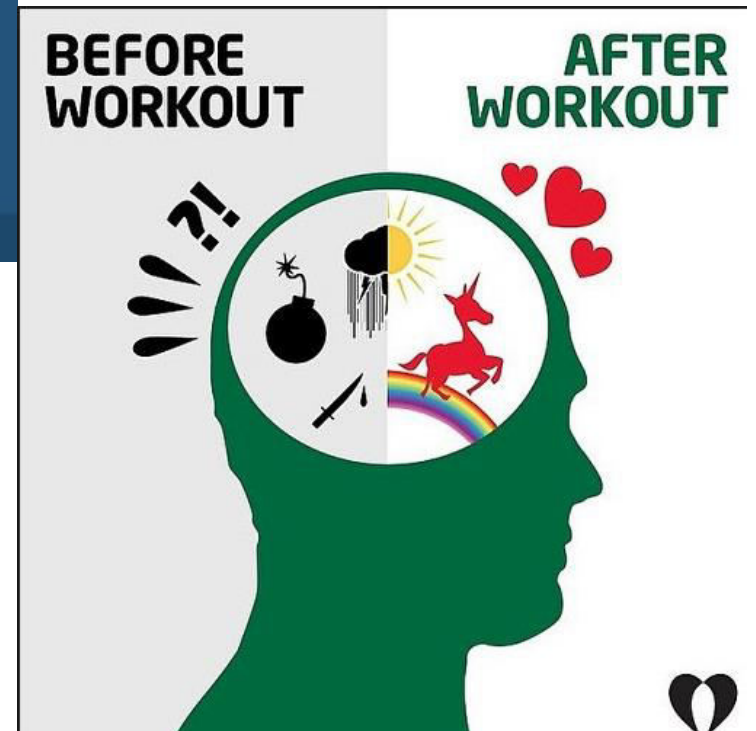
Being physically active means sitting down less and moving our bodies more.

Physical benefits: muscle tone and strength, healthier heart, a lower risk of developing many long-term (chronic) conditions, better posture, stronger bones, lower blood pressure



Mental Health charity Mind says that physical activity can help

- get **better sleep** due to being more tired at the end of the day,
- have a **better mood** because of the hormones released when exercising
- help **manage stress and anxiety** as being active gives your brain something to focus on as well as releasing cortisol which can help to control stress



When you feel good you work better!!!



What BE ACTIVE event is happening this summer in our local area?



The Birmingham 2022 Commonwealth Games is a West Midlands Celebration with Birmingham at its heart.

286 sessions across 19 different sports.

With 11 days of swimming and diving, 8 days of cricket, 8 days of gymnastics and 7 days of athletics, including the marathon, the summer of 2022 is set for a spectacular home Games.

VENUES HOSTING THE COMMONWEALTH GAMES



ALEXANDER STADIUM



ARENA BIRMINGHAM



CANNOCK CHASE FOREST



COVENTRY STADIUM AND ARENA



EDGBASTON STADIUM



LEE VALLEY VELOPARK



THE NEC



SANDWELL AQUATICS CENTRE

VENUES HOSTING THE COMMONWEALTH GAMES



SMITHFIELD



ST NICHOLAS PARK



SUTTON PARK



UNIVERSITY OF BIRMINGHAM HOCKEY AND SQUASH CENTRE



VICTORIA PARK



VICTORIA SQUARE



WEST PARK

Games schedule

► BIRMINGHAM 2022 COMMONWEALTH GAMES PLANNER

Sessions marked as 'morning' all begin before 12:00, anything starting at or after 17:00 or ending after 20:30 is classified as an evening session

Please note: The information contained within the schedule is correct at the time of publishing but remains subject to change.
Please refer to birmingham2022.com for the most up to date information.



Take a browse at some of the games events and when they will be happening

What would you be interested in?

Have you got tickets for any of the games?

<https://www.birmingham2022.com/the-games/schedule/>

Day 0 Thursday 28 th July	Venue	Sport	Morning	Afternoon	Evening
	Alexander Stadium	Opening Ceremony			•
Day 1 - Friday 29 th July	Birmingham Venues				
	Arena Birmingham	Gymnastics - Artistic - Presented by LONGINES	•		•
	Edgbaston Stadium	Cricket T20	•		•
	The NEC - Arena	Netball		•	•
	The NEC - Hall 3	Table Tennis and Para Table Tennis - Co-Presented by LONGINES	•		•
	The NEC - Hall 4	Boxing		•	•
	The NEC - Hall 5	Badminton	•	•	•
	Sandwell Aquatics Centre	Aquatics - Swimming and Para Swimming	•		•
	Smithfield	Basketball 3x3 and Wheelchair Basketball 3x3		•	•
	University of Birmingham Hockey and Squash Centre	Hockey	•	•	•
	University of Birmingham Hockey and Squash Centre	Squash		•	•
	Coventry Venue				
	Coventry Stadium and Arena	Rugby Sevens - Co-Presented by LONGINES	•		•
	Leamington Spa Venue				
	Victoria Park	Lawn Bowls and Para Lawn Bowls	•	•	
London Venue					
Lee Valley VeloPark	Cycling - Track and Para Track	•	•		

Wellbeing challenge

Take a walk with **your** favorite podcast.

Stepping up when brushing your teeth

Do an online workout
e.g. Joe Wicks

Stroll the duration of film, TV show or podcast

Get your....



...in each day!

Create a goal with friends – friendly competition

Do a different exercise at each doorway

Dance to your favourite tunes

Walk 1,000 steps every hour

While your kettle is boiling see how many steps you can get in around your kitchen or living area and aim to beat it each time.

Take a walk as a family.

Where can you go for help?

In school: tutor, trusted adult, SSS,
Report it button on website.

Outside of school:

Locally, Forward Thinking Birmingham offer support for people aged 0-25years.

<https://www.forwardthinkingbirmingham.org.uk/> If you need urgent help call 0300 300 0099

Nationally Kooth provide online support and signpost related services for young people.

<https://www.kooth.com/urgent-support>

Nationally, Young Minds is a national charity providing resources and advice for young people.

<https://youngminds.org.uk/> If you need urgent help text YM to 85258

Arthur Terry
Be Proud | Be Kind | Be Ready

About Parents Students Curriculum Sixth Form Events Con

Students >
Wellbeing

You can also go onto the Arthur Terry school website – Wellbeing tab and click on ‘Report a Concern’

Welcome to the Arthur Terry School Wellbeing area. Our school aims to offer a learning environment that consistently promotes and enhances positive mental health and emotional wellbeing.

We hope that the information provided on this site enables all students, parents and other members of the school community to access to a wide range of helpful services, websites, apps and other forms of information to support and improve wellbeing.

Are you worried about something or someone?

- in the first instance we would like you to speak to a trusted adult in school – this is normally your tutor.
- if you are unsure about how to tell someone face-to-face you can report a concern or worry you have by **clicking the button below.**
- you will receive a response during school hours.

Click here to report a concern

Wellbeing
Exam Support
Information and Support directory
MINDFULNESS
Parent support
Student Support Services
Virtual Wellbeing Board
Weekly Wellbeing 2020
Weekly Wellbeing 2021
Working Healthily At Home