

Physical Activity Record Sheet



	What was the activity?	How long were you active for?	How do you feel after the activity?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

Ideas on how to keep active are shared by the School Sport Partnerships of Lincolnshire on the following twitter feeds.

<u>School Games Organiser</u>	<u>Partnership Area</u>	<u>Social Media Contact</u>
Alan Grantham	The Wolds	@WoldsSSP
Jenny Elsom	City of Lincoln	@PrioryLincoln_SGO
Matt Evans	Lincolnshire Central	@CGSO outreach
Matt Haslam	Boston & District	@Bostonssp
Ricky Pledger	Lincoln & Gainsborough	@PembrokeSGO
Rupert Gibson	Lincolnshire SE	@AgilitasSports
Sarah-Jayne Smith	Lincolnshire Coastal	@SgoSjsmith
Terry Plumb	SW Lincolnshire	@inspire_plus
Jess Lovett	Active Lincolnshire	@ActiveLincs

Did you know, physical activity has all of these benefits?

- Reduced levels of stress, anxiety and depression!
- Increased levels of confidence, wellbeing and brain power!
- Strengthens your immune system and improves sleep!

You should aim for 60 minutes of physical activity every day.

Have you checked our safeguarding advice? Click or scan here for more information



YOUTH SPORT TRUST

