

PLAN YOUR ACTIVITY



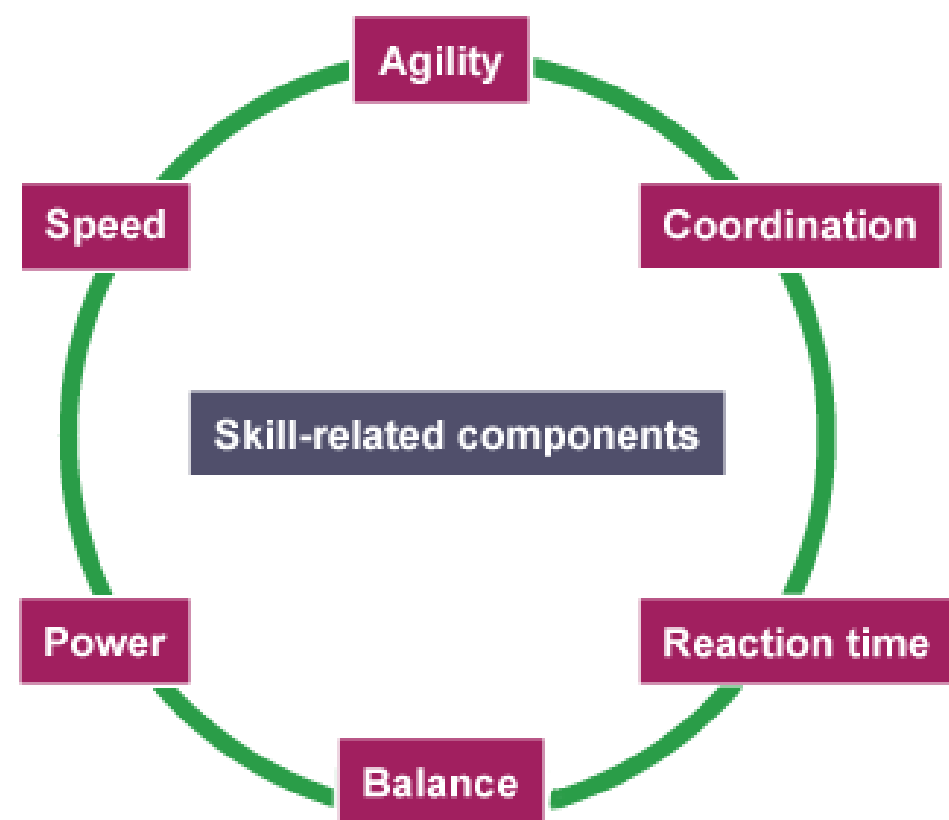
Plan your teams exercise

Be creative, have fun maybe try it together on a video call.

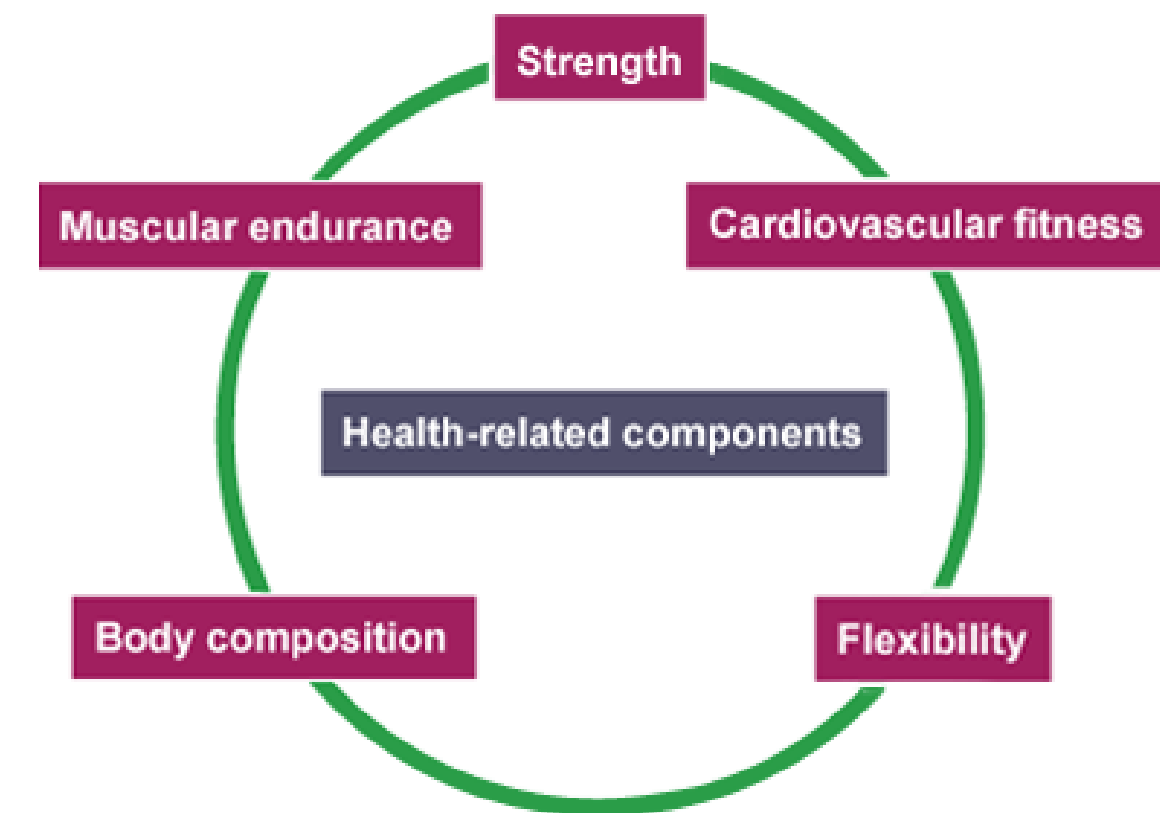
Components of fitness

Research shows that an exercise program that incorporates different skill and health related components can help ensure that you get the most health benefits from the exercise you do. Your teams physical activity can be structured to include and improve one of the following components.

Skill-related components



Health-related components



For more info watch the video: <https://www.bbc.co.uk/bitesize/guides/zxd4wxr/revision/2>