



Benefits of Sports & Physical Activity Poster

KEY LEARNING:

Students research and learn about the many benefits of being physically active and playing sports on their mind, body, character and community.

GOAL OF THE ACTIVITY:

Make a poster or chart with a list of how sport and being physically active is good for you, your school, community and country. Use our template, or create your own.

WHAT YOU NEED:

- Template below or poster board
- Pen/pencil , colours

DIRECTIONS:

1. Fill in the chart below or create your own.



SHOW & TELL

Upload images the activity posters to our [Dare to Believe Gallery](#).



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