



**Health Related Exercise: Primary**  
**14.02.001**

This display consists of a set of four National Curriculum colour posters: \* Be Active - Have Fun! \* How Do We Feel? \* The Body And Exercise \* Exercise! Action! aimed at primary school pupils (Key Stages 1 & 2) to help promote a healthy lifestyle and increase participation in physical activity during and after school years.



**Health Related Exercise: Secondary**  
**14.02.002**

This display consists of a set of seven National Curriculum colour posters: STAMINA! STRENGTH! SUPPLENESS! ...in the short term, for the LONG TERM; ENJOY ACTIVITY...ENJOY LIFE! Frequent Exercise DOES YOU GOOD! READY, STEADY, GO.... Set your OWNTARGETS! ...what it means TO STAY HEALTHY aimed at secondary school pupils (Key Stages 3 & 4) to help promote a healthy lifestyle and increase participation in physical activity during and after school years.



### **Boccia Balls**

**14.04.002**

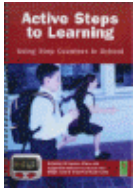
Boccia is a fantastic sport which can be enjoyed by everyone - any time and anywhere! Boccia is played in sports clubs, schools, or for rehabilitation purposes. It is related to petanque and boule, but it is generally played indoors. Since 1988, the Boccia Balls have been used in the Paralympics Games.



### **Move It! Bingo**

**14.04.001**

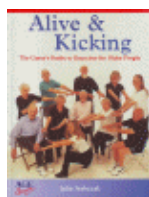
Classic bingo game. 8 x A4 gloss card sheets cut up to make 8 game boards, 72 playing cards (2 sets of 36).



## **Active Steps To Learning**

**14.15.008**

This Education Pack includes 32 Step Counters and a 35-page booklet - Active Steps to Learning - that provides guidelines for using Step counters in the school/class environment, as well as the wider school community. Active Steps to Learning covers:~ Using Step Counters in a school setting~ Introducing Step counters to a class~ 20 Lesson Plans suitable for both Key Stage 2 and 3~ Table 1 - National Curriculum Key Stage 2 Cross Curricular Links for the 20 Lesson Plans provided~ Table 2 - National Curriculum Key Stage 3 Cross Curricular Links for the 20 Lesson Plans provided~ Using Step counters in the wider school community (eg. The National Health Schools Programme)~ Photocopiable materials for use in conjunction with the lesson Plans



### **Alive & Kicking**

**14.13.014**

*Julie Sobczak*

Activity can play a major part in helping older people to remain agile and independent. Regular exercise can optimise levels of fitness required for the daily tasks of living, encourage social contacts, improve the feeling of well-being and help prevent future health problems. With the wealth of ideas contained in this book, health professionals, day centre managers, care home managers, activity organisers, relatives and carers will find plenty to stimulate the imagination. Topics covered include:~ Becoming an effective instructor~ Motivating the exerciser~ Structuring an exercise class~ Safety issues and medical advice~ Exercise warm-ups and injury prevention~ Head-to-toe chair exercises This book also provides handy tips and ideas on how to make exercise fun, stretching and relaxation techniques and using props.



### **Choosing Health In The South East: Physical Activity**

**14.13.015**

*Nick Cavill; Liz Rolfe*

Physical activity is one of the cornerstones of good health. The human body evolved to be physically active, in a world where the ability to move quickly and walk long distances was essential for survival. In our technologically-driven modern age, much activity has been removed from everyday life: most occupations require little routine physical activity, and our travel patterns are largely dominated by the car. This has serious repercussions for public health. As part of the Choosing Health Series, this report provides an overview of physical activity patterns in the regional and national data with evidence on the effectiveness of interventions, and relevant national policies.



### **Couch Kids**

**14.13.016**

A report outlining current statistics and research on physical activity and young people in the UK. Includes policy recommendations to the various agencies that have a part to play in promoting more health-enhancing physical activity for young people.



### **Effectiveness Of Physical Activity Promotion Schemes**

**14.13.003**

*Chris Riddock, Anna Puig-Ribera, Ashley Cooper*

This report provides a comprehensive review of exercise promotion in primary care, including the well known 'exercise on prescription schemes'. The report will be of value to anyone running or planning a scheme to promote physical activity within the primary care setting, and gives some pointers to the role that schemes could play in developing Healthy Living Centres.



### **Foray For Health**

**14.13.002**

*Frankie Dearing*

The purpose of developing this book was to enable all older people to maintain and improve their health and mobility through exercise. It aims to encourage those who have got out of the habit of exercising, or those who feel reluctant or incapable of doing so, to see improved flexibility and mobility more positively. Physical activity reduces stress, anxiety and depression, aids relaxation and improves mood.



**Guidelines: Promoting Physical Activity With Black & E**

**14.13.005**

This guide is intended to help people working at a local level to plan ACTIVE for LIFE initiatives that target people from black and minority ethnic groups. Provides guidance on developing local programmes as well as presenting some out- line facts and background research. It aims to set out key issues in ensuring that strategies and programmes are culturally appropriate and clearly targeted.



**Guidelines: Promoting Physical Activity With Older People**

**14.13.007**

This guide is aimed primarily at the statutory and voluntary sector & related agencies who are currently working with, or for, older people. The may or may not already be working in the area of physical activity. Highlights ways in which these individuals or agencies can encourage the promotion of physical activity to contribute towards improvements in the health of people aged over 50.



**Guidelines: Promoting Physical Activity With Disability**

**14.13.006**

This guide is aimed primarily at the statutory and voluntary sector and related agencies who are currently working with, or for, people with disabilities. Whether working at a strategic level or more directly at a local level this document is intended to assist in the development of health promoting initiatives to empower more people with disabilities to become more active more often.



**Guidelines: Promoting Physical Activity With Young Women**

**14.13.008**

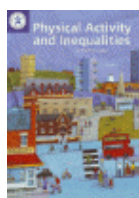
This guide is aimed at professionals or interested individuals who work with young women as a target group, or promote physical activity as a subject area. The following information will help to bring together these two areas of responsibility and expertise by: Making a case for those who work with young women to promote physical activity; provide physical activity promoters with possible access routes and communication strategies for targeting young women.



### **Physical Activity & The Prevention & Management Of Falls & Accidents**

**14.13.009**

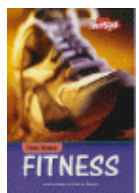
ACCIDENTS AMONG OLDER PEOPLE: an outline of the evidence, supportive policy frameworks and a step-by-step approach to developing strategic alliances in the prevention and management of falls among older people and the role that physical activity can play in this.



### **Physical Activity And Inequalities: A Briefing Paper**

**14.13.011**

This briefing paper explores the potential role of physical activity in addressing inequalities. It looks at the background to inequalities in health and provides a rationale for the role of physical activity in addressing inequalities and social exclusion. For practitioners, it suggests how an inequalities focus might influence the development and delivery of physical activity initiatives.



### **Teen Issues: Fitness**

**14.13.001**

*Joanna Kedge, Joanna Watson*

This book explains why regular exercise is important and how it can boost your confidence. It examines the positive effects good fitness can have on your mind and body. Facts are explained clearly and all advice is given by professionals

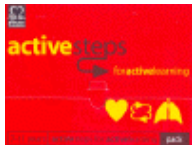


### **Walking For Health**

**14.13.013**

*Carroll & Brown Ltd*

Walking is a simple, enjoyable, yet highly effective exercise suitable for everyone - of all ages and abilities. This comprehensive, illustrated manual shows you what you can achieve with walking, whether you're looking to control your weight, reduce stress, improve your heart health, strengthen your bones or simply enjoy the social benefits.~ Includes practical tips on how to make walking a part of your regular routine.~ Inspires you to add interest to walks, with guidance on different types of location and introductions to various styles, ranging from hiking to orienteering.~ Explains what to eat and drink on a walk, basic first aid and how to walk safely with conditions such as back ache, heart problems, osteoporosis or asthma.~Details the latest equipment to make your walking more comfortable and help you get the most out of exercise.~ Shows you how to structure your walks and provides specially designed walking programmes to suit your lifestyle and health needs.



**Activesteps For Active Learning**  
**14.15.005**

This pack contains four lesson plans for PE, designed to make pupils aware of the effects of physical activity on the body and their heart health, and delivered primarily through four circuit games. Follow-up activities for the classroom reinforce the learning points covered in the practical lessons. Links with all UK curricula are detailed, but with particular focus on the National Curriculum for England in Science, Maths and English. Aimed at 7-11 year olds



**Exercise For Healthy Ageing**  
**14.15.001**  
*Dr Dawn Skelton*

This book provides a graduated programme of planned exercise to suit everyone who has either been immobile for a period, or who has not taken exercise in the recent past. During the project, a group of women 75-93 improved the strength of their thigh muscles by on average 25% in only 12 weeks of regular exercise. This is equal to a rejuvenation of strength of some 16-20 years. Staying active can help you maintain strength and power and to stay independent.



**Healthy Schools: Physical Activity**  
**14.15.007**  
*Schools Health Education Unit*

This book reveals an insight into the health, social and personal lives of 9 - 16 year olds. Contains background information, lesson plans and extension activities. Questions take the KS2/KS3 student through the data which has been collected over 37,000 pupils. Deals with the following:~ How fit are you?~ How

much exercise do you do?~ Types of exercise~ Leisure activities~ Staying fit



**Physical Activity Toolkit**  
**14.15.009**  
*British Heart Foundation*

The pack is designed to be used to inform, promote and trigger action on the promotion of physical activity through raising awareness of the research linking physical activity with conditions managed in general practice, and helping the practice to identify physical activity initiatives that will benefit the practice population. The pack contains material for a one hour workshop.



**Ready Teddy Go!**  
**14.15.002**

There are national and local concerns about childrens, low level of physical activity and the conflicting messages about healthy and not so healthy foods. Ready Teddy Go! Key Stage 1 and 2 Resource and Information Pack that has a whole school approach. The material is photocopyable.



**Sports Day Toolkit: Primary Schools**  
**14.15.012**  
*British Heart Foundation*

Sport England Primary Schools Sports Day Toolkit The BHF National Centre has worked with Sport England to produce a Primary Schools Sports Day Toolkit. The toolkit details 28 easy-to-follow activities and it includes a Teacher's Manual which provides guidance and supporting information to help run inclusive sports days.



**The Active Club**  
14.15.013

Thirty years ago physical activity was accepted as a normal part of everyday life for young people and participation levels were generally high enough to benefit health. Unfortunately the majority of recent studies on young people indicate low levels of physical activity with many not doing enough to benefit cardiovascular health.

This pack provides a comprehensive guide to promoting physical activity through the use of out of school clubs. The Active Club Pack aims to encourage schools to promote increased activity levels among school children. The Active Club Resource Pack for Out of School Clubs includes: ~Resource Pack that suggest activities to be used on a day-to-day basis~Activity Cards~The active school activity cards~Templates and worksheets~Useful information booklet.



**The Active School: Primary Schools**  
14.15.006

This pack aims to increase the provision and take up of physical activity throughout the whole school whether within the National Curriculum (with charts covering all four curricula) or not. It is full of practical ideas including traditional and modern games, A4 laminated photocopyable cards, a guide for developing a physical activity policy or development plan, and a A-Z of useful organisations, initiatives and award schemes. Two additional booklets promote active break-times and walking to school.



**The Active School: Secondary Schools**  
14.15.003

This pack is full of practical ideas for physical activity, including traditional and modern games that can be built into the daily routine both within and outside the National Curriculum. The pack includes A4 laminated cards that are easy to photocopy, a guide for developing a physical activity policy or plan, and a valuable reference section on physical activity resources, initiatives and sources of help.



**Think Fit!**  
14.15.004

This pack is designed to raise awareness of the benefits of physical activity in people's busy lives and help workplaces make physical activity a productive and integral part of the working day. You don't have to be an expert on physical activity. The pack can be used by anyone with an interest in the health and well-being of the workforce: Occupational health, human resources, health and safety, health promotion teams or individuals with a desire to promote physical activity in their workplace. The pack contains materials for use by a workplace activity champion including a guide to developing a workplace activity programme, an activity wallplanner and simple guide to good health for employees. The pack also contains a t-shirt, posters, screensaver and a PowerPoint presentation.

