

Learning in Lockdown | Episode 4

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The Benefits of Sport and Exercise for Learning

What do we mean by Sports and Exercise?

Sport and exercise can be off putting, but we need to think of it as movement and how we can help our bodies move in a technological age, where it might be easier to not move. We all have needs and it is about finding the right personal balance.

What are the benefits?

People are exercising more. Sports England said just under 45% of young people are doing an hour a day of exercise. Another report stated that 5 million people recorded a personal best for exercise in lockdown.

A crude rule is that some movement is good, more movement is better.

Exercise improves sleep, energy levels and mood and therefore decreases stress and anxiety. It allows for clarity and has the ability to help us switch off from what is happening around us.

Exercise is an honest teacher and can teach us wider lessons for everyday work. It helps us envisage a goal; it helps us understand the need to break down targets into steps. It gives us real time feedback, so we understand we need to build to hit our targets, improve our work, our assignments and pass our assessments.

Finally, it helps us build resilience.

How much exercise?

Fifteen minutes is essential. Find the time to do that little bit, then build on it. We can exercise anywhere; we don't need a gym. The BTEC Sports Level 2 has a fitness programme that the learners can do in any amount of space. Exercise can happen anywhere.