

## Activity sheet

# Sporting memories with friends and family

Taking part in sport and/or physical activity is important for all of us to do every day to keep physically and mentally well. Why is this?

### Being active:

- helps us to stay healthy and fit
- gives us a sense of achievement
- helps us stay positive and improves our mood and wellbeing
- when doing team sports keeps us connected to people and helps us make new friends.

Being active is made more special when we can do it with family and friends. With the help of your family, talk about some of these times.

### Perhaps you have:

- had a game of football in the park with a grandparent?
- played cricket on a family beach holiday?
- had your family cheer you on at sports day?

Explain what you love about doing sporting activities with your friends and family, or what you would love to do, when you next see them.

You can suggest some activities that you would like to do together when you get in touch.



**My sporting memories with friends and family**

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