



take Care
Physical Activity

EDUCATIONAL SESSION

Introduction

The Take Care programme focuses on promoting health and well-being through football. It supports national associations, leagues, clubs, other football stakeholders and schools. For each module, a variety of tools aimed at key figures who influence children and young people, like parents and caregivers, teachers, coaches and staff, are available to help them encourage healthier lifestyles and positive habits.

While the user guide provides suggestions on how to use, distribute and maximise the impact of each tool, this educational session is a concrete example developed specifically for use with children and young people. This session serves as a ready-to-use resource that can be directly applied or adapted to suit specific needs and contexts, showcasing how the tools can be brought to life in real-world settings.

Proposed session outline

Facilitator(s): School teacher and/or coach

Beneficiaries: Children and young people (adaptations may be needed based on age group)

Duration: 45 minutes + extra time

Optimal timing: This educational session should ideally take place before a physical education (PE) class or be alternated with regular PE lessons. Scheduling it before physical activity ensures that participants can immediately apply insights from the discussion, reinforcing the benefits of exercise through direct experience.

Objective: To raise awareness about the benefits of physical activity by actively engaging children to think critically and reflect on their own experiences.

Preliminary work:

- **Get prepared:** Make sure you understand and thoroughly grasp the content of the white paper.
- **Pre-session questionnaire distribution:** Distribute short printed questionnaires for pupils to answer before the session, enabling the facilitator(s) to gain insights on their

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routines and potentially adapt the session content. (The questionnaire can be found at the end of this document).

- **Print posters:** Print multiple copies of the posters for the group activity.

1. Introduction (5 minutes)

Start with a warm welcome and a brief overview of the session's agenda and objectives.

2. Introductory video

Show the Take Care programme trailer to grab the participants' attention and set the tone for the session.

3. Topic presentation and benefits (5 minutes)

Using the white paper as a starting point, present the main benefits of physical activity. Some of the key takeaways from the white paper are summarised below.

Benefits of physical activity:

1. **Social well-being:** Improved social interactions
2. **Cardiovascular fitness:** Enhanced heart and lung function
3. **Strength and balance:** Increased muscle strength and stability
4. **Mental health:** Stress relief and endorphins leading to reduced depression and anxiety
5. **Teamwork:** Cooperation, communication and leadership skills as a result of working as a team
6. **Self-discipline and resilience:** Learning to set goals, work hard to achieve them and cope with failure
7. **Identity and belonging:** A sense of identity, self-expression and self-discovery
8. **Metabolic health:** Better metabolism
9. **Bone health:** Stronger bones
10. **Weight management:** Maintaining an appropriate body mass
11. **Diabetes prevention:** Lower risk of diabetes in children and young people
12. **Consistency and competitiveness:** Consistent performance and a competitive spirit

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13. **Respect for rules and roles:** An understanding of the importance of rules and roles in sport and more widely
14. **Emotional management:** Improved ability to regulate emotions even under pressure

4. Group activity (20 minutes)

- **Small-group activity:** Divide the class into small groups of 5–6 pupils and ask them to brainstorm effective ways to incorporate physical activity into their daily routines, ensuring that they reflect on how to implement these actions consistently. Encourage them to think beyond the basics and consider other components of a healthy lifestyle that are closely linked to physical activity. Have each group write their ideas for practical actions on sticky notes and display them on a board, window or wall to incorporate some movement into the session.
- **Feedback:** Nominate one person from each group to present their group's ideas and outcomes to the class.
- **Reflection:** Distribute the posters that illustrate practical ways of sustaining regular physical activity and a healthy lifestyle and encourage the class to compare the examples with their ideas. Add some of their ideas to the posters and display them in the classroom, and give everyone a poster to take home.

5. Physical activity documentary preview (10 minutes)

- Show the documentary showcasing a football legend who highlights the importance of physical activity for maintaining good health. This will reinforce the key message that staying active is essential for a healthy lifestyle.

6. Concluding remarks (5 minutes)

- Wrap the session up by summarising the benefits of physical activity, highlighting the practical actions that can be easily implemented and reinforcing the key messages from the documentary.
- Encourage the children to make regular physical activity a part of their daily routine, and remind them that exercise alone is not enough; it must be complemented by healthy eating, sufficient sleep and other good habits. Emphasise that everything is

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connected and they need to take a holistic approach to ensure their overall well-being.

- Encourage each participant to make a small and feasible commitment based on the lessons learned from the session.

7. Regular physical activity class (extra time)

- If possible, follow this educational session by a physical activity class. This allows participants to apply what they've learned straight away, making the experience more engaging and reinforcing the importance of physical activity in their daily lives.

8. Post-session report for facilitator(s)

- Fill in the post-session report for facilitator(s), which is available via this [link](#) or the QR code below, to share your experience.



This document will continuously evolve with the feedback we receive from users. We therefore encourage you to share your thoughts with us by emailing sustainability@uefa.ch at any time.

Pre-session questionnaire for pupils

1. **How old are you?** _____
2. **What country do you live in?** _____
3. **How often do you exercise or do sport?**
 - Every day
 - A few times a week
 - Once a week
 - Rarely
 - Never
4. **How long do you exercise for?**
 - Less than 30 minutes
 - 30–60 minutes
 - 1–2 hours
 - More than 2 hours
5. **What physical activities do you enjoy, if any?**
 - Running
 - Football
 - Basketball
 - Dancing
 - Riding a bike
 - Playing outside
 - Swimming
 - Other: _____
6. **How do you usually get to school?**
 - On foot
 - By bike
 - By car
 - By public transport

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- Other: _____
7. **Do you think physical activity is important for your health?**
- Yes
 - No
 - Not sure
8. **How do you spend your free time?**
- Reading
 - Watching TV
 - Playing outside
 - Seeing friends
 - Playing video games
 - Scrolling on social media
 - Other: _____
9. **Do you have a favourite athlete or sports hero?**
- Yes – who? _____
 - No
10. **Does your favourite athlete make you want to be more active?**
- Yes
 - No
11. **Do your parents/caregivers or teachers encourage you to be active and healthy?**
- Yes – they both do
 - Only my parents/caregivers
 - Only my teachers
 - No – neither of them
 - Not sure
12. **How do you feel after being physically active?**
- Proud
 - Happy
 - Tired

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- Annoyed
- Motivated
- Relaxed
- Other: _____

13. Do you have a water bottle with you when exercising?

- Yes, always
- Sometimes
- No, I never bring a drink
- No, I prefer sodas or energy drinks