

# Physical activity can help pupils overcome the impacts of lockdown

The pandemic has taken its toll on young people's lives.

Making physical activity part of the school day can help young people overcome the challenges that lockdown has presented.

Physical activity can help build **resilience**, improve physical and **mental health**, and support social and **educational development**.

Access our free resources for school staff and governors to learn how physical activity can help improve outcomes for your pupils.



Find out more at  
[activenorfolk.org/activity-at-school](https://activenorfolk.org/activity-at-school)