

BACCALAURÉAT PROFESSIONNEL

ÉPREUVE ORALE SPÉCIFIQUE – ANGLAIS

**ACCOMPAGNEMENT, SOINS
ET SERVICES À LA PERSONNE**

**SECTION EUROPÉENNE
DURÉE DE L'ÉPREUVE : 20 minutes**

La calculatrice et le dictionnaire ne sont pas autorisés.

THE BENEFITS OF PHYSICAL ACTIVITIES FOR CHILDREN

Situation

You have just been employed in a nursery school (children from 3 to 6) in London as a leisure activity leader. Your priority is to organize a physical activity to prove its benefits.

Tasks

You are expected to:

- Find the most convincing arguments to prove that your activity is essential.
- Give 2 examples of activities you can do with pre-schoolers and **justify your choice**.

Vocabulary:

EYFS: Early Years Foundation Stage (politique d'éducation des jeunes enfants en Angleterre)

EYFS AREAS OF DEVELOPMENT

EDUCATE
THE KIDS ABOUT
THE WAYS TO KEEP
HEALTHY
AND SAFE.



EYFS

#HealthandSelfcare

Tirthanjali Academy
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Physical activity: Benefits of exercise for health and wellbeing for children.

By SickKids staff (Source : Aboutkidshealth, Trusted answers from the Hospital for sick children)

Discover how physical activity can improve your child's physical health, brain function and mood.



Key points

- Physical activity keeps the body strong and healthy and improves mental health by decreasing depression, anxiety, pain and loneliness.
- Physical activity also improves focus, school performance, sleep and energy levels.
- Those who undertake regular physical activity enjoy better relationships and a more positive body image.

Regular physical activity helps develop your child's movement skills. Of course, it also helps bones become stronger and builds a healthy heart and stronger muscles. Physical activity also helps your child keep a healthy body weight.

If your child is depressed or anxious, exercise may be the last thing on their mind. However, physical activity can help greatly with maintaining mental wellbeing. The endorphins that the brain releases during exercise help to improve mood, energy levels and even sleep.

If a child or teen is feeling lonely and unable to make friends, shared physical activities can give them a sense of belonging and companionship. A child or teen with social anxiety might find it difficult to be in a group environment, but a particular focus, such as a sport, may relieve some social pressure.