


# MOVE WELL SWAPS



**THE  
GREATER  
GAME**

## INFORMATION

England players, such as Rachel Daly, have told us how important it is to be active away from the pitch. Our challenge to you is how can you make one healthier action per week to improve your physical fitness.

Here's our top three reasons why making a change off the pitch can help you be more active which will ultimately help you on game day:

### 1 BE THE BEST **PLAYER** YOU CAN BE!

We've all watched top teams working so hard to get the ball back or scoring a goal by sprinting in behind a defence. These skills can only be done by players who are super fit.

### 2 GOING THE **DISTANCE!**

Imagine it's the big cup final, your team have played really well but the score is 2-2, the dying minutes come around and you get a pass played ahead of you to go and score the winner! ....but you've ran out of energy, you can't get to the ball and it gets defended. The fitter you are the more likely you'll be able to perform to the end of big games.

### 3 **CLEARING** YOUR HEAD

Physical activity can help you to relax and clear your head of any negative thoughts. This could just be going for a dog walk, helping a family member do some gardening or choosing to take the stairs instead of the lift. These small things can help you to have a more positive mood, which help you to perform better on the pitch.

From the list below pick a '**SWAP**' that you could make part of your daily habits that's going to help you on the pitch.

1	Swap the lift or escalator and take the stairs.
2	Complete a short (30min) daily home workout.
3	Do a short exercise (e.g. 3 x 10 bodyweight squats) in between episodes of your favourite TV show, or in the ad-breaks!
4	Rather than getting a lift to the bus stop, walk.
5	Plan your week so you know when you might be able to find some time to do an extra workout.
6	Take up a sport you've not tried before at school – other sports can be a massive help to your on-pitch football performance.
7	Set yourself a kick-up challenge every day. This might be to do 50 kick-ups as soon as you get back from school.
8	Join your friends or family on a daily walk.
9	Gamify your activity by downloading games and apps that encourage movement.

There are loads of ways you can be more active, have a think about what else you might be able to do...

- To avoid long periods of sitting still for longer than 60 minutes
- To give your whole body a workout

If you come up with a new way to be more active during the week share it with your team. Football is a team sport so the fitter and stronger each of you are, the better!