



DARE TO  
BELIEVE

Allianz 

# Benefits of Sports & Physical Activity Poster

## KEY LEARNING:

Students research and learn about the many benefits of being physically active and playing sports on their mind, body, character and community.

## GOAL OF THE ACTIVITY:

Make a poster or chart with a list of how sport and being physically active is good for you, your school, community and country. Use our template, or create your own.

## WHAT YOU NEED:

- Template below or poster board
- Pen/pencil , colours

## DIRECTIONS:

1. Fill in the chart below or create your own.



## SHOW & TELL

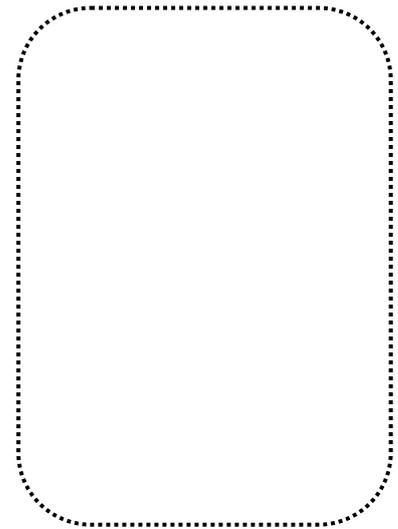
Upload images the activity posters to our [Dare to Believe Gallery](#).



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