

## PHYSICAL ACTIVITY or COMPUTER GAMES?

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Physical Activity – according to the World Health Organization (known by the acronym WHO), physical activity is body movement produced by skeletal muscles that requires energy. Physical activity is not just organized sports activities but also daily work activities or household chores.

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Types of physical activity:

- Movement-related activity (e.g., walking, climbing stairs)
- Activity related to household chores (e.g., vacuuming, hand washing, floor cleaning)
- Sports and recreational activities (e.g., playing ball, dancing)

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What are the benefits of physical activity?

- Physical activity improves mood,
- Increases learning ability,
- Increases brain efficiency,
- Playing sports boosts self-esteem,
- Exercise improves fitness, endurance, and body flexibility,
- Sports have a positive effect on mental health,
- Reduces stress,
- Strengthens the immune system.

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Physical activity improves mood... Computer games also improve mood, so why bother?

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Computer games are undoubtedly a form of entertainment that most of you really enjoy 😊 They develop logical thinking, stimulate mental processes, and enhance logical reasoning skills. They also

improve hand-eye coordination, reflexes, and spatial imagination. Playing games is a fantastic way to relieve emotions!

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Despite many advantages, gaming also has many disadvantages...

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Spending many hours in front of a console negatively affects our PHYSICAL and MENTAL health because:

- Lack of physical activity weakens our fitness, reduces immunity, and causes weight gain, which means the less we move, the harder it is to engage in any physical activity later, we eat more than we burn, so our weight automatically increases, and this creates a vicious cycle, as a heavier body is harder to move 😊 - the law of physics - and if weight hinders us from taking on new challenges, our body starts signaling that it is not getting what it needs, and we may become more susceptible to illnesses or develop serious diseases.
- Spending many hours a day in front of a computer/tablet/phone increases outbursts of anger and even aggression, This is partly because we have accumulated energy resulting from tension during games or concentration when preparing a perfect presentation. Such energy should be released, and the simplest way is through exercise. If not released, it causes mood changes and eventually anger or aggressive behavior.
- Long hours of gaming can lead to addiction, and consequently – problems with focusing at school, This is just one symptom of gaming addiction, and you can learn more about addictions in another lesson dedicated to this topic. Remember that addictions limit your control over reality and negatively impact your life.
- The lack of intense stimuli experienced in games may make you feel bored in classes and normal life, leading to serious illnesses like depression. Do you already feel this? If so, think about how it might end for you? You can make real life equally interesting and thrilling, but you need to take action - find an activity that interests you or a sport that gives you an adrenaline rush. And as you know from other lessons, sports provide us with happiness hormones; you'll feel the same and ensure your health. If you prefer getting thrills in front of a screen without time limits, remember that one day the real world may become so boring that you won't want to live in it, leaving only the screen world. Can you imagine such a life?

Many people who have been exposed to too much screen time from a young age fall into depression, a very serious disease with unpredictable consequences. So:

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Find BALANCE

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The key is to find "balance" or simply moderation between gaming and spending time actively!

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According to WHO data, the minimum amount of physical activity for a child your age is 30 minutes a day – however, longer and more intense activity provides more benefits.

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It's not too late yet!

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If you don't like to move, you need to be aware that in a few years, it may lead to metabolic disorders such as diabetes or hypertension. In old age, this will cause joint pains and osteoporosis. Lack of activity can lead to DEPRESSION and cognitive impairment, meaning – YOU WON'T EVEN WANT TO PLAY COMPUTER GAMES!!! If you don't balance gaming with exercise and good nutrition, you could slowly lose your vision, have memory issues, headaches, difficulty concentrating, and eventually even looking at the screen could cause pain and photophobia. So if you play, play wisely! Don't get addicted! You decide!

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What physical activity to choose?

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It all depends on your preferences. If you like teamwork, you'll probably enjoy team sports (soccer, basketball). However, if you prefer to exercise alone, choose an activity that allows it (running, cycling, scooter riding, rollerblading).

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I don't have time for SPORTS...

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Study, study, and only study... Yes, it is important, but what good is knowledge if you get sick frequently due to lack of physical activity.

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Initially, try to find at least a "moment." While studying at home, get up from the desk every 30 minutes, open the window, get some fresh air, oxygenate your brain, do 15 jumping jacks – you'll see that you start absorbing information more easily.

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While watching TV, remember the correct posture – don't sit hunched, rest your head on the headrest – let your spine relax. Try to monitor yourself. Place a mirror or record yourself with your phone to see how you watch TV. It doesn't matter now, but in a few years...look around and see how many older people around you complain about headaches and back pain. You can still avoid this, but habits are built at your age! So create your healthy habits and become the superhero of your future!

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By regularly engaging in physical activity, you'll gradually find it increasingly enjoyable. You will have more energy, zest for life – maybe even making your bed or taking out the trash will start to please you ;) Let it become your habit!

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Remember, it's also movement! Don't give it up! Count how many calories you burn taking out the trash or which muscles you develop by shaking out a carpet . There are so many tasks around you that if you see them as challenges, they will bring joy, but if you see them as a boring duty, they will exhaust and frustrate you. Perspective is only up to you!! You can do something for yourself and your body by vacuuming the house, or you can watch someone else exercising their legs while vacuuming... You can go outside and walk the dog to oxygenate your head, or you can watch your brother or sister or another family member have 10 minutes for their health.

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Also, remember nutrition! It's scientifically proven that physical activity combined with healthy eating affects the length and quality of your life! Physically active people are less likely to use substances, are more resistant to addictions, and don't suffer from overweight or obesity, all of which affect your health and life.

Think, for example, of an athlete you like: Messi, Lewandowski, or Adam Małysz. These are people we associate with a smile, health because they have taken care of their diet, sports, and healthy habits all their lives!

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So physical activity or computer games?

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One doesn't exclude the other! Remember that everything created by humans is for people – but in everything you do, you must have moderation. You don't have to completely give up games if they make you feel better after playing, but remember, they shouldn't fill all your free time.

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Sometimes leave your phone at home, drop the console/computer, and take the dog for a walk, run, play tag with friends – you might like it and be encouraged to do sports 😊

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"My Dream Day" (without electronic devices). Imagine you have gone back in time 50 years – there are no mobile phones, tablets, or game consoles. Think and describe in 15 sentences, [what your dream day could look like? What will you plan for that day? Who will be present? What will you do?](#)

[Post your description on the platform.](#)