



# BOYS/GIRLS STRENGTH and RESILIENCE GROUPS

This Program aims to promote student learning, engagement and wellbeing via short bouts of high intensity physical activity (high intensity interval training) and social resilience lessons.

## Educational Purpose

It is universally acknowledged that regular stints of physical activity have positive benefits relating to physical health, cognitive functioning and general wellbeing. Participating students will be afforded the opportunity to engage in physical activities that are structured, fun and challenging. This will be followed by wellbeing and social resilience lessons that focus on setting goals, forming healthy relationships and effective communication. Program participation will be limited to approximately eight places in order to readily foster positive relationships between the students and facilitators involved.

## Intended Outcomes

- Increased level of concentration and engagement
- Improved confidence and self-esteem
- Decreased levels of stress/anxiety
- Improved social interactions with peers and staff
- Improved health and physical capacity