

S1 PE Family Learning Task Term 1

Music, Motivation and Exercise!

Research suggests that music can have a positive impact on your motivation to exercise. Listening to your favourite upbeat music whilst exercising makes you work harder, move for longer and feel better during *and* after your work out.

Family Learning Task:

1. Create a playlist of your favourite songs to work out to. The playlist should include a mixture of you and your parent/carer's favourite motivational music.
2. The playlist should include approximately 10-15 songs and last up to 30-40 minutes.
3. Write your workout playlist on a piece of paper or create a playlist on a music player app (e.g. Spotify, Apple Music etc).
4. Use your playlist when completing a workout with your parent/carer or give your playlist to your teacher to play during a PE lesson!

