

Physical activity

for children and young people (5-18 Years)



Builds
Confidence & Social Skills



Strengthens
Muscles & Bones



Maintains
Healthy Weight



Develops
Co-ordination



Improves
Health & Fitness



Improves
Sleep



Improves
Concentration & Learning



Makes
You Feel Good

Be physically active

60
minutes

Aim for an average of at least

per day across the week

Spread activity
throughout the day

All activities should make you
breathe faster & feel warmer



Play



Walk / Run



Swim



Skate



Skip



Climb

Activities to
develop
movement
skills, and
muscle and
bone strength

**ACROSS
WEEK**



Bike



Active Travel



Sport



PE



Workout



Dance

Reduce
inactivity



Get strong
Move more

Increase
activity



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week