

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



Play



Walk / Run



Swim



Skate



Skip



Climb

Activities to
develop
movement
skills, and
muscle and
bone strength

**ACROSS
WEEK**

All activities should make you
breathe faster & feel warmer



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