

Physical activity

For children and young people

5-18 years



BUILDS
CONFIDENCE AND
SOCIAL SKILLS



MAINTAINS
HEALTHY WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES AND BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
AND LEARNING



IMPROVES
HEALTH AND
FITNESS



MAKES YOU
FEEL GOOD

Be Physically Activity

Spread activity
throughout
the day

aim for
an average of at least
60
minutes per day
across the
week

All activities
should make you
breathe faster
and feel warmer



Play



Run/Walk



Bike



Active Travel



Swim



Skate



Sport



PE



Skip



Climb



Workout



Dance

Activities to develop
movement
skills, and
muscle
and bone
strength
**ACROSS
WEEK**

Get Strong



Inactivity

Move More

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