



## Physical activity for children and young people (5 – 18 Years)



BUILDS  
CONFIDENCE &  
SOCIAL SKILLS



MAINTAINS  
HEALTHY  
WEIGHT



DEVELOPS  
CO-ORDINATION



STRENGTHENS  
MUSCLES  
& BONES



IMPROVES  
SLEEP



IMPROVES  
CONCENTRATION  
& LEARNING



IMPROVES  
HEALTH  
& FITNESS



MAKES  
YOU FEEL  
GOOD

## Be physically active

Spread activity  
throughout  
the day

All activities  
should make you  
breathe faster  
& feel warmer

Aim for  
at least  
**60**  
minutes  
everyday



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle  
and bone  
strengthening  
activities  
**3 TIMES  
PER  
WEEK**



SPORT



PE



SKIP



CLIMB



WORKOUT



DANCE

### Sit less



LOUNGING

### Move more

Find ways to help all children and young people accumulate  
at least 60 minutes of physical activity everyday

Spring is the perfect time to get outside, and be active! Focus on how activity can make you feel, and what your body can do, rather than how it looks!