

# PHYSICAL ACTIVITY FOR CHILDREN AND YOUNG PEOPLE (5-18 YEARS)

LET'S  
GET  
MOVING

## HOW MUCH PHYSICAL ACTIVITY SHOULD CHILDREN AND YOUNG PEOPLE BE DOING?



Aim to be active for at least 60 minutes per day, every day of the week. These activities should make young people breathe faster and will help develop movement skills and increase muscle and bone strength.

## 6 key benefits of moving more:



Develops social skills



Helps strengthen bones and muscles



Helps to maintain a healthy weight



Improves concentration and learning



Boosts mood and self-esteem



Improves motor skills, balance and coordination

## MORE IS BETTER

### 3 top tips

- 1 Bitesize chunks**  
Try to avoid long periods of inactivity
- 2 Move more**  
Remember, every movement matters
- 3 Find what's fun**  
Get involved in feel good activities

**GO! Turn over for activity ideas**

# EVERY MOVEMENT

# MATTERS

Build physical activity into a daily routine with these fun activity suggestions...

## TRY THESE AT SCHOOL



Breakfast, lunchtime and after school clubs

Daily Boost and Daily Mile



Playground activities



## MOVE AS A FAMILY



Go on a dog walk



Log movement on our 'Family Activity Tracker'

Visit a playground or park



Dance to music

## GREAT FOR HOME

Take part in an online activity or workout



Join a local club

Play some outdoor / garden games



Try the fun NHS '10 minute shake up' games

[active-together.org/letsgetmoving](https://active-together.org/letsgetmoving)

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