

# 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



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SWIM



SKATE

Include muscle  
and bone  
strengthening  
activities

**3 TIMES  
PER  
WEEK**



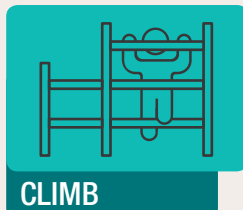
SPORT



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