

Physical Activity

Guidelines for Children

Children should be **physically active** for at least 60 minutes every day.

Physical activity and sport is linked to

Improved concentration

Classroom behaviour

Pro-social behaviour

Peer relationships

60 minutes a day can be split between school and outside of school time.

Active break and lunch times – PE lessons – After school clubs –

Active lessons – Sport and physical activity events – Daily mile

Walking to and from school – cycling – Sports clubs – Playing in the park – Swimming – Junior park runs – online activities such as dance

Google local leisure, community centres and sports clubs for ideas.

Healthy hearts – Healthy bones and muscles – Healthy minds

60 minutes every day.

Together we can achieve!