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Physical activity

for children and young people (5-18 Years)

- Builds **Confidence & Social Skills**
- Strengthens **Muscles & Bones**
- Maintains **Healthy Weight**
- Develops **Co-ordination**
- Improves **Health & Fitness**
- Improves **Sleep**
- Improves **Concentration & Learning**
- Makes **You Feel Good**

Be physically active

60 minutes

Aim for an average of at least … **per day across the week**

Spread activity throughout the day

- Play
- Walk / Run
- Swim
- Skate
- Skip
- Climb

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

All activities should make you breathe faster & feel warmer

- Bike
- Active Travel
- Sport
- PE
- Workout
- Dance

Reduce inactivity

Get strong
Move more

Increase activity

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

UK Chief Medical Officers' Physical Activity Guidelines, 2026