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

- Builds confidence & social skills
- Develops co-ordination
- Improves concentration & learning
- Maintains healthy weight
- Strengthens muscles & bones
- Improves health & fitness
- Improves sleep
- Makes you feel good

Be physically active

- Spread activity throughout the day
- All activities should make you breathe faster & feel warmer

Aim for an average of at least 60 minutes per day across the week

Activities to develop movement skills, and muscle and bone strength across the week

- Play
- Run/walk
- Bike
- Active travel
- Swim
- Skate
- Sport
- PE
- Climb
- Workout
- Dance

Get strong
Move more

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, 2019