

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



BUILDS
CONFIDENCE &
SOCIAL SKILLS



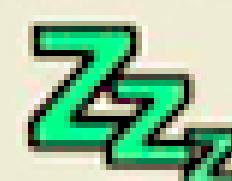
MAINTAINS
HEALTHY
WEIGHT



DEVELOPS
CO-ORDINATION



STRENGTHENS
MUSCLES
& BONES



IMPROVES
SLEEP



IMPROVES
CONCENTRATION
& LEARNING



IMPROVES
HEALTH
& FITNESS

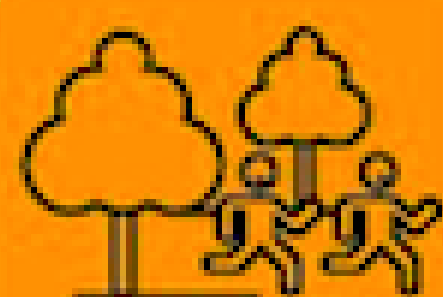
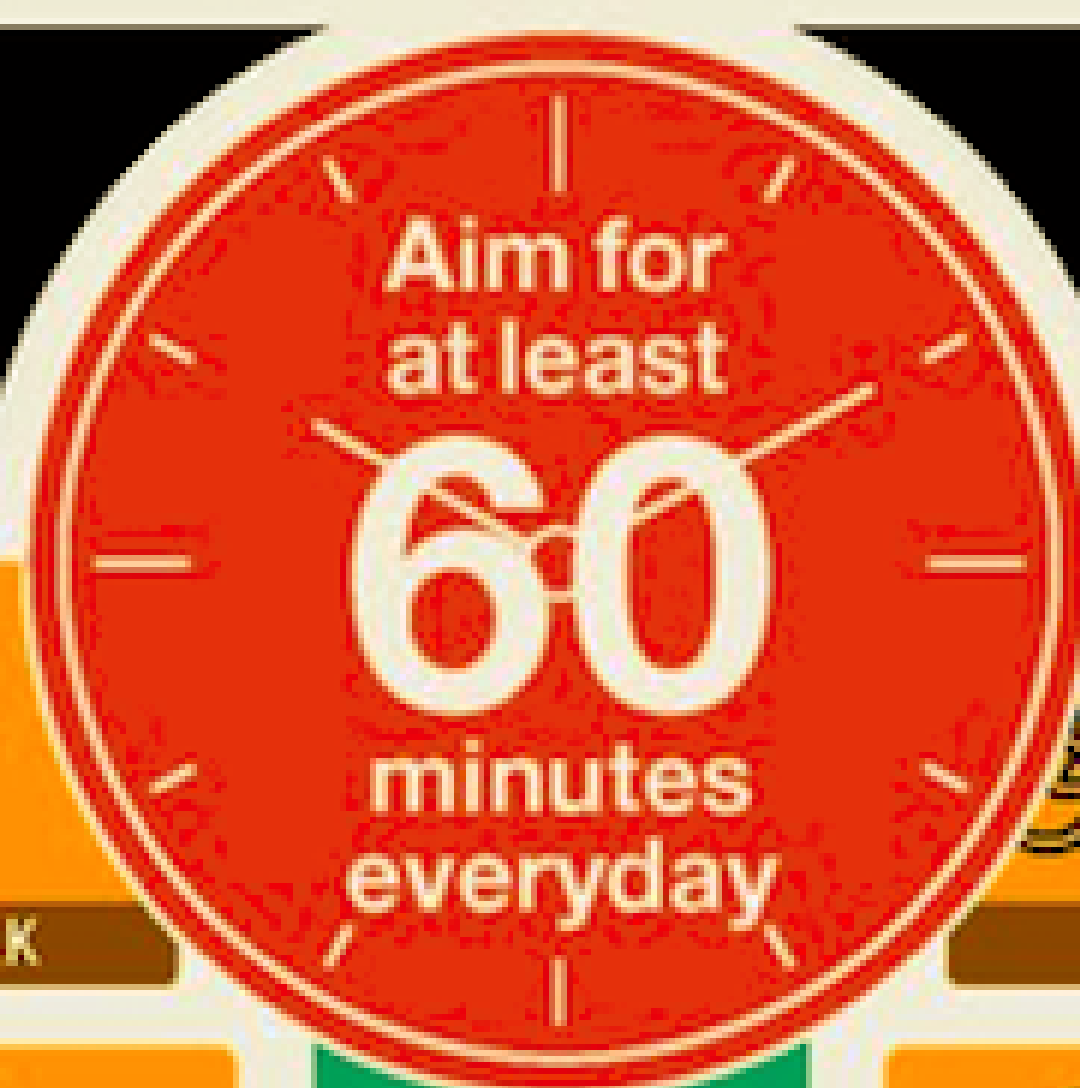


MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer



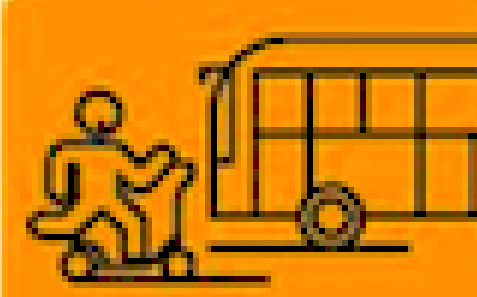
PLAY



RUN/WALK



BIKE



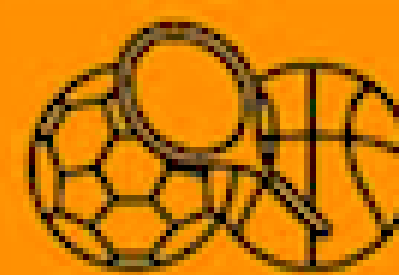
ACTIVE TRAVEL



SWIM



SKATE



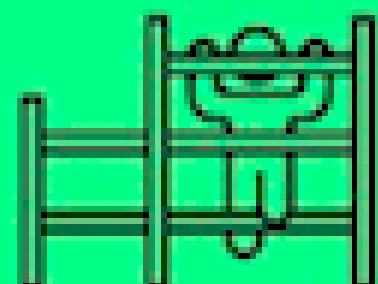
SPORT



PE



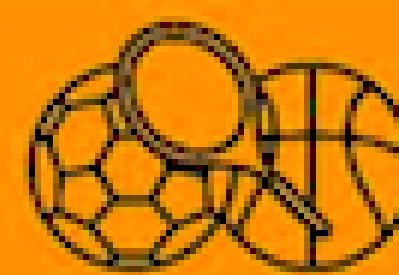
SKIP



CLIMB

Include muscle
and bone
strengthening
activities

3 TIMES
PER
WEEK



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