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
- Makes you feel good
- Improves sleep

Be physically active

Spread activity throughout the day

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

All activities should make you breathe faster & feel warmer

Activities to develop movement skills, and muscle and bone strength

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