

Physical Activity for Children and Young People

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

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- 1K-A-Day

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Drink more water instead

around **6-8** glasses per day

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Physical activity and sport is linked to

- improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

 $\frac{1}{3}$

Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are

3 TIMES

as likely to be obese compared to their most well off counterparts.

Children who are aerobically fit have higher academic scores.

What can you do?

- Go for a long walk with the family (with or without a dog!)
- Find a junior parkrun near you by searching at www.parkrun.org.uk/events/juniorevents
- Walk, cycle or scoot to school
- Go swimming
- Get off the bus one stop early and walk the rest of the way
- Park in the furthest away parking space when visiting the shops
- Don't seat young children in the shopping trolley or buggy; let them help to choose healthy food options
- Join a local sports club (search online for your County Sport Partnership which will have a local activity finder)
- Limit screen time to an hour a day and encourage children to do alternative activities such as playing, drawing or reading
- Lead by example; be a role model by taking part in activities with your children

Try this:

Kids love tech! Buy an inexpensive pedometer or activity tracker and set goals with rewards for being active

Try this:

Change the TV channel to a video channel or radio station and spend 10 minutes dancing to the music!

Try this:

If you don't have a dog, ask a neighbour if you can take theirs out for a walk. They will be very appreciative of a day off!