

Physical Activity



How much exercise should we do per day?

Children aged 5-18 years old should aim for at least 60 minutes of moderate intensity physical activity a day.

This should include a combination of aerobic activity and muscle and bone strengthening exercises.



Why is Physical Activity important?

- Physical activity helps to improve sleep quality
- It helps to prevent weight gain and reduces risk of health complications
- It helps to boost your immune system to fight off infections
- It helps to improve balance and coordination, along with gross motor skills
- Exercise produces endorphins and serotonin which make us feel happy!



Physical Activity Ideas

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| • Run | • Play | • Hockey |
| • Cycle | • Dance | • Cricket |
| • Swim | • Football | • Skip |
| • Walk | • Household Jobs | • Skate |

