

Physical activity guidelines for children and young people (5 to 18 years)

Try to be physically active every day, any activity is better than none, and more is better still.

- Engage in at least 60 minutes of moderate intensity physical activity per week (such as walk to school, playground activities, walking the dog, skateboarding, ride a scooter, ride a bike on flat ground).
- All activities should make you breathe faster and feel warmer.
- Reduce extended periods of sitting or lying down.

- Engage in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones (such as walking, running, skipping with a rope, gymnastics, games like tug of war, basketball, dance, football, rugby, sit-ups, press ups, netball, hockey, badminton, exercise bands, aerobics).



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

Builds confidence & social skills
Develops co-ordination
Improves concentration & learning

Strengthens muscles & bones
Improves health & fitness

Maintains healthy weight
Improves sleep
Makes you feel good

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 ACROSS WEEK

Get strong (INACTIVITY)

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