

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



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**

**No
Time?**

1. HITT-20mins of high intensity exercise: lots of apps
2. Active Travel: Walk to school and back
3. Cleaning and House chores
4. Getting off the bus / train a stop early
5. Wake up earlier
6. 10 minute study breaks

**No Spare
Cash?**

1. Youtube Videos
2. www.parkrun.org.uk
3. www.nhs.uk/live-well/exercise/free-fitness-ideas/
4. www.nhs.uk/change4life/activities
5. Walking
6. Home equipment: skipping ropes
7. Games with Siblings
www.nhs.uk/change4life/activities

**Not a
sports-
person?**

1. Yoga
2. Horse Riding
3. Kayaking
4. Rock climbing
5. Walking
6. Cycling
7. Dance
8. Gym
9. Skipping
10. Swimming
11. Active games with friends and family

Sit less



Move more

This 9 week programme is great to do at home : <https://ourparks.org.uk/couch-to-fitness>

Change for life have tips on activities and exercise as well as healthy diet tips. <https://www.nhs.uk/change4life/activities>

Youtube:

- Popsugar fitness on Youtube is pretty good too! <https://www.youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg>
- Fitness blender
- The body coach (Joe Wicks)
- Be Fit
- Yoga with Adriene
-

Sport england have lots of ideas and some free online exercise classes: https://www.sportengland.org/jointhemovement?section=activity_timetable

Apps:

- Nike training,
- Puregym have free classes

NHS Exercise plans:

<https://www.nhs.uk/live-well/exercise/get-running-with-couch-to-5k/>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-plus-running-podcasts/>

<https://www.nhs.uk/live-well/exercise/strength-and-flex-exercise-plan/>