



PE News

Safe

Respect

Pride

Brave

Success



'Belonging, Being, Becoming'

The **IMPORTANT** of Physical Activity

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

Children and young people need to do **2** types of physical activity each week:

- aerobic exercise
- exercises to strengthen their muscles and bones

Children and young people aged 5 to 18 should:

- aim for an average of at least **60** minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day

What counts as moderate activity?

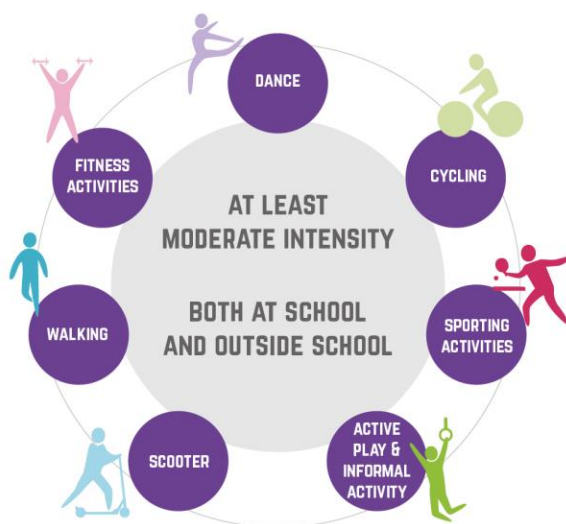
Moderate intensity activities will raise your heart rate, and make you breathe faster and feel warmer.

One way to tell if you're working at a moderate intensity level is if you can still talk, but not sing.

Children and young people should do a range of different activities across the week.

Examples include:

- walking to school or walking the dog
- playground activities, including jumping, running and catching
- physical education
- sports, like football or tennis
- swimming
- skipping
- dancing
- skateboarding or rollerblading
- cycling



What activities strengthen muscles and bones?

Examples include:

- gymnastics
- football
- jumping
- martial arts
- sit-ups, press-ups and other similar exercises (for young people)
- resistance exercises with exercise bands, weight machines or handheld weights (for young people)



Exercising safely

Children and young people should:

- get medical advice about exercising if they have a health condition
- do exercise that is suitable for their age, ability and experience
- start any new exercise slowly and increase it bit by bit
- use protective equipment, for example for cycling and skateboarding

Benefits of Physical Activity

Health Benefits of **EXERCISE** for Children & Teenagers



Raised heart rate to 170 bpm
40-60 mins, 3-4x per week =
5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training
2 or 3x per week
improves **muscle strength**
and endurance.



Every 15 mins of exercise
improves **academic performance**
by an average of about a
quarter of a grade.



30 minutes of **cardio** exercise
per day boosts **confidence**,
reduces **stress** and **anxiety**.



Exercise between the ages of **11-18**
increases **bone density**, particularly
in the spine and hip.



30 minutes on the treadmill
boosts **problem solving**
by up to 10%

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy
bones, muscles and joints



Helps reduce the risk of developing
obesity and chronic diseases



Helps to achieve and maintain
a healthy body weight.



Improves the quantity
and quality of sleep



Greater self-esteem and
better self-image



Improves coordination
and motor skills