

THE IMPORTANCE OF PHYSICAL ACTIVITY



30 minutes
at Home



30 minutes
at School

Children should aim for 60 minutes of activity every day


Active Schools Are
Stronger Schools



Benefits of Physical Activity?

- Increased concentration
- Lower risk of disease
- Increase wellbeing
- Increased energy levels
- Boosts cognitive ability

How to achieve 60 minutes of exercise per day?

- PE Lesson
- Active Learning
- Active Breaks
- Active Travel to School
- Extra-Curricular Clubs
- Play and Outdoor Activities

