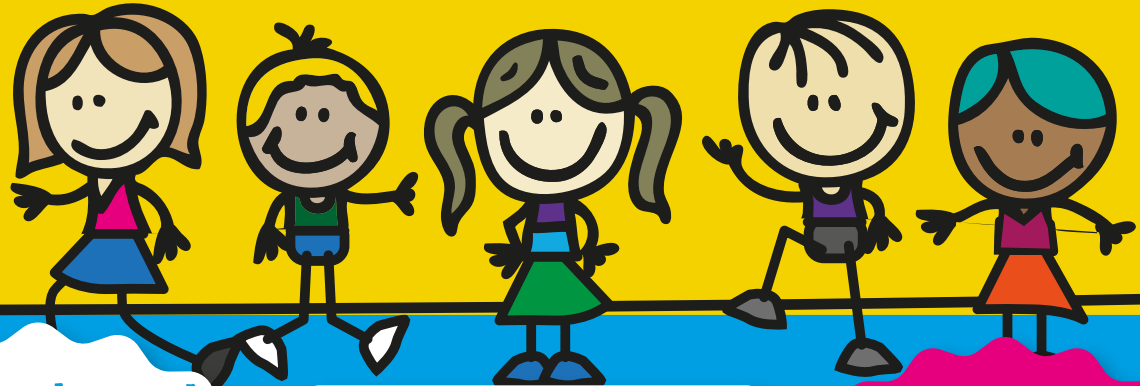


Activity for children – A guide for parents



At school

- Active break times
- PE lessons
- Extra-curricular clubs
- Active lessons
- Sport and physical activity events
- 1K-A-Day

This can be split into 30 minutes of activity at school and 30 at home.

At home

- Walking to and from school
- Sports clubs
- Play in the park
- Swimming
- Junior parkrun

Children should get at least 60 minutes activity every day

Did you know?

Children who are aerobically fit have higher academic scores

Physical activity improves concentration in children

Research suggests that kids are 6 times more likely to be active if their parents are also active

Physical activity improves physical health (reduces obesity) and mental health (happier, more confident children)

Download the Move More App to track your activities



MoveMoreSheffield.com

Can you commit to 1 family activity each week for the Move More Month? Write them down here...

Week 1 Activities

Week 2 Activities



Week 3 Activities

Week 4 Activities

