

Physical Activity for Children and Young People

Children should be physically active for at least 60 minutes every day

60 active minutes should be split between schools (30 minutes) and outside of school time (30 minutes).

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

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

Drink more water instead

around **6-8** glasses per day

A can of soft drink with added sugar takes a child over their maximum recommended daily intake of sugar.

Physical activity and sport is linked to

- improved concentration
- classroom behaviour
- pro-social behaviour
- peer relationships

 $\frac{1}{3}$

Nearly a third of children aged 2 to 15 are overweight or obese.

Children aged 11 and from the poorest income groups are

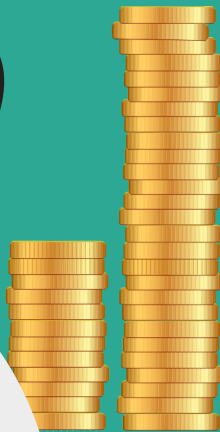
3 TIMES

as likely to be obese compared to their most well off counterparts.

Children who are aerobically fit have higher academic scores.



The Government's Childhood Obesity Strategy 2016



The Primary PE and Sport Premium will be increased and £10m per year will be invested in school healthy breakfast clubs

Sugar tax revenue to be invested in programmes to reduce obesity and encourage physical activity and balanced diets for school age children.

National Governing Bodies will offer high quality sport programmes to every primary school



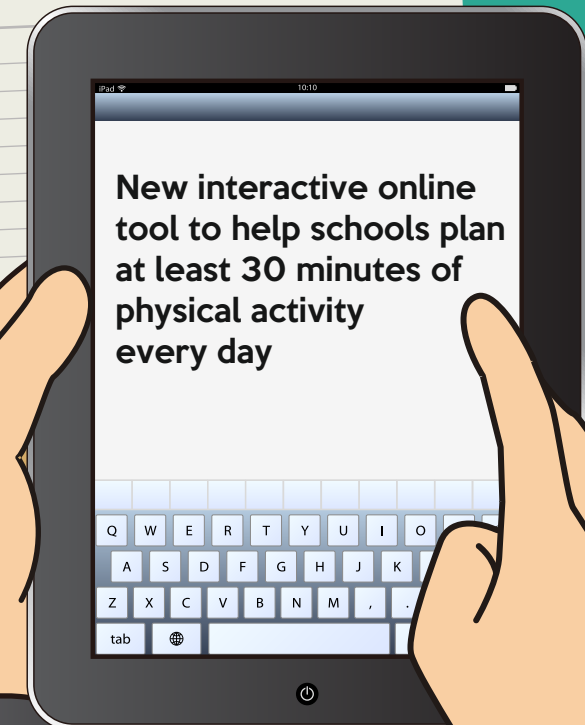
Physical activity will be a key part of the new healthy schools rating scheme

New voluntary healthy rating scheme to recognise and encourage school's contribution to preventing obesity. This scheme will be taken into account during Ofsted inspections.

Ofsted will assess how effectively leaders use the Primary PE and Sport Premium and measure its impact on outcomes for pupils.



£300m to support cycling and walking with a national target to increase the number of children walking to school.



New interactive online tool to help schools plan at least 30 minutes of physical activity every day