

Physical activity for children and young people (5-18 years)

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Be physically active



Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Simple ways to be more active

Include various activities to develop movement skills, muscle and bone strength across the week.

- Try walking, scooting or cycling to and from school. Check if your school has a walking bus for the younger children. If time is limited try parking a short way from school and walk, scoot or cycle at least part of the way.
- Get active with others: play games such as tennis or football, go for a walk or to the park with friends or take your children swimming.
- Make walking the dog a family activity.
- Keep moving: avoid sitting for long periods. Get up and move every 30 minutes.
- Encourage children to participate in physical education opportunities, during the school day, at lunchtime and after school too.
- Make it fun: incorporate physical activity into family pastimes e.g. skating, skateboarding, climbing walls, swimming, street dance, trampolining or cycling.
- Lead by example and take the stairs wherever possible rather than using the escalator.
- Provide toys that promote activity and movement e.g. skipping.
- Play together as a family.
- Turn off the TV and move! <https://www.nhs.uk/10-minute-shake-up/shake-ups>
- Try family Geo caching with the older children.



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Please contact the Patient Support and Complaints Team (PSCT) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email ruh-tr.psct@nhs.net or telephone 01225 825656.

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