



your body matters



Parent Handout 2 – Let's get active!

Nourishing Body & Mind for a Healthy Life

A Primary Health and Wellbeing Curriculum Pack

Revised Version 2023

Let's get active!

Getting active does not need to be complicated or expensive. It is important for children to be active every day as it supports and promotes the healthy growth and development of strong bones and muscles as well as fine motor skills like balance. For children and young people aged 5-18 years, it is recommended to do a minimum of 60 minutes of aerobic movement every day including activities like cycling, running, walking, swimming, etc. On 3 of these days, activity should involve exercises for developing muscles and bones such as football, gymnastics, climbing, dancing, tennis, basketball etc.

Further support

[Play outdoors | Parent Club](#)

[Fun exercises to do at home with kids - CBeebies - BBC](#)

[The Workout Badges with Hey Duggee & Joe Wicks | YouTube Kids - YouTube](#)

[Activities for kids - Healthier Families - NHS \(www.nhs.uk\)](#)

Parental Notes:

matters

