



# Be physically active

Aim for an average of at least 60 minutes per day across the week



## Physical Activity Ideas for Primary Schools & Families

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><a href="#">PE with Joe Wicks 2021.</a> Live at 9am every Monday or catch up anytime.</p>	<p><a href="#">Zumba Kids</a> – Upbeat routines to follow - every class feels like a party!</p>	<p><a href="#">PE with Joe Wicks 2021.</a> Live at 9am every Wednesday or catch up anytime.</p>	<p><a href="#">Disney Dance-alongs</a> Learn routines and get moving to the songs they love!</p>	<p><a href="#">PE with Joe Wicks 2021.</a> Live at 9am every Friday or catch up anytime.</p>	<p><a href="#">Family-friendly swimming workouts at home</a> Swimming inspired fun by the Institute of Swimming.</p>	<p><a href="#">Couch to 5k</a> Week-by-week running plan for beginners.</p>
<p>Get Set 4 PE Active Families – <a href="#">Ball (or sock) Skills</a></p>	<p>Get Set 4 PE Active Families – <a href="#">Creative Games</a></p>	<p>Get Set 4 PE Active Families – <a href="#">Fitness Games</a></p>	<p>Get Set 4 PE Active Families – <a href="#">Fundamental Movement Skills</a></p>	<p>Get Set 4 PE Active Families – <a href="#">Tactical Games</a></p>	<p><a href="#">Outdoor Adventure on your doorstep</a> Get active with British Orienteering</p>	<p><a href="#">Just Dance</a> Start a dance party your friends and family can enjoy!</p>
<p><a href="#">Football's Staying Home</a> - The FA Disney themed football challenges at home</p>	<p><a href="#">DodgeballFive @Home</a> A new way to play by British Dodgeball</p>	<p><a href="#">Chance to Shine Cricket session!</a> Check out tips on how to <a href="#">make your own cricket set.</a></p>	<p><a href="#">YST 60 Second Physical Activity Challenges</a> A fun 'compete against yourself' approach!</p>	<p><a href="#">10 Minute Shake Up games</a> from Change4Life with Disney</p>	<p><a href="#">Worcestershire Cycling and Walking Guides</a> Go for a family walk.</p>	<p><a href="#">The PE Active Board Game</a></p>
<p><a href="#">Get Kids Moving</a> Fitness workouts training alongside favourite their superheroes!</p>	<p><a href="#">YST After School Sport Club</a> Live at 5pm every Tuesday or have a go at some previous sessions <a href="#">here.</a></p>	<p><a href="#">Cosmic Kids Yoga</a> – Yoga, mindfulness and relaxation for kids</p>	<p><a href="#">YST After School Sport Club</a> Live at 5pm every Thursday or have a go at some previous sessions <a href="#">here.</a></p>	<p><a href="#">YST Wonder Woman Quest</a> Activities to support wellbeing.</p>	<p><a href="#">Scavenger Hunt</a> - An outdoor sensory scavenger hunt to complete!</p>	<p><a href="#">Family GoNoodle</a> Fun movement and mindfulness videos for the whole family!</p>

# Physical activity for children and young people (5 – 18 Years)



## 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



For more ideas on how you can get active at home or in school, please check out our Worcestershire Virtual School Games Physical Activity challenges via - [www.activehw.co.uk/worcestershire-school-games](http://www.activehw.co.uk/worcestershire-school-games). These multi-skills and multi-sport challenges incorporate the fundamental movement skills of:

- catching
- jumping
- throwing
- striking
- running and
- dribbling.

We would love to see you all being active! Please keep us updated with your efforts by uploading your photos and videos using #WorcsVirtualSG and tag our social media @ActiveHW

