

# Physical activity for children & young people (aged 5 - 18)

-  **BUILDS CONFIDENCE AND SOCIAL SKILLS**
-  **IMPROVES CONCENTRATION AND LEARNING**
-  **IMPROVES HEALTH AND FITNESS**
-  **IMPROVES SLEEP**
-  **MAKES YOU FEEL GOOD**
-  **MAINTAINS HEALTHY WEIGHT**
-  **STRENGTHENS MUSCLES AND BONES**

## Be physically active

Spread activity throughout the day

Aim for at least **60** minutes everyday

All activities should make you breathe faster & feel warmer

PLAY, RUN/WALK, BIKE, ACTIVE TRAVEL, SWIM, SKATE, SPORT, PE, SKIP, CLIMB, WORKOUT, DANCE

Include muscle and bone strengthening activities **3 TIMES PER WEEK**

Sit less **LOUNGING** Move more

Find ways to help all children and young people accumulate at least **60 minutes of physical activity every day**

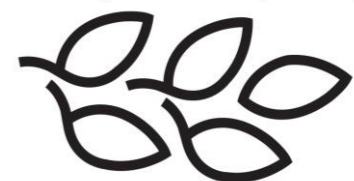


**Primary and Secondary Student Council Conference**  
Merthyr College

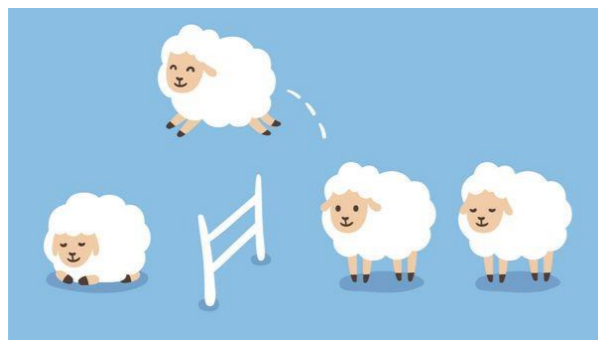
**How well do you sleep?**



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



Welsh Network of Healthy School Schemes



## Why is sleep important?

***“Sleep is as important to our health as eating, drinking and breathing. It allows our bodies to repair themselves and our brains to consolidate our memories and process information. Poor sleep is linked to physical problems such as a weakened immune system and mental health problems such as anxiety and depression.”***

**Sleep Matters – Mental Health Foundation**



too much caffeine can prevent a deep sleep

having more sleep can improve your health

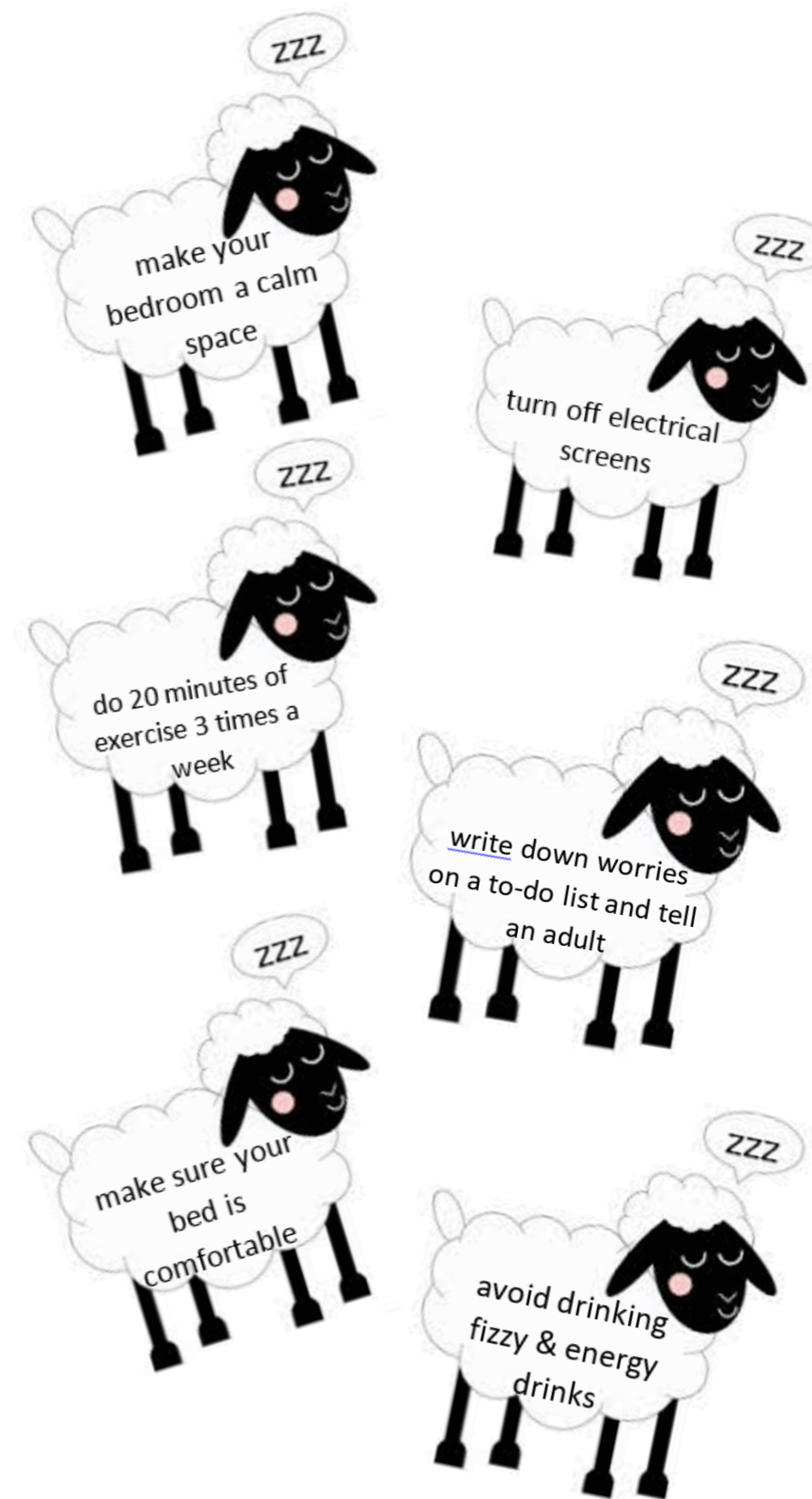
children aged 14 years old should have at least 9 hours sleep each night

more sleep can improve your performance in school

more sleep improves your memory!

children aged 9 years old should have at least 10 hours sleep each night

## To improve your sleep, you could...



For further advice and support visit [www.sleepcouncil.org.uk/](http://www.sleepcouncil.org.uk/)