

60 *ACTIVE* **MINUTES** *CHALLENGE!*

Why should you take part in 60 minutes physical activity every day?

**Makes you
feel good**

**Improves
your health
& fitness**

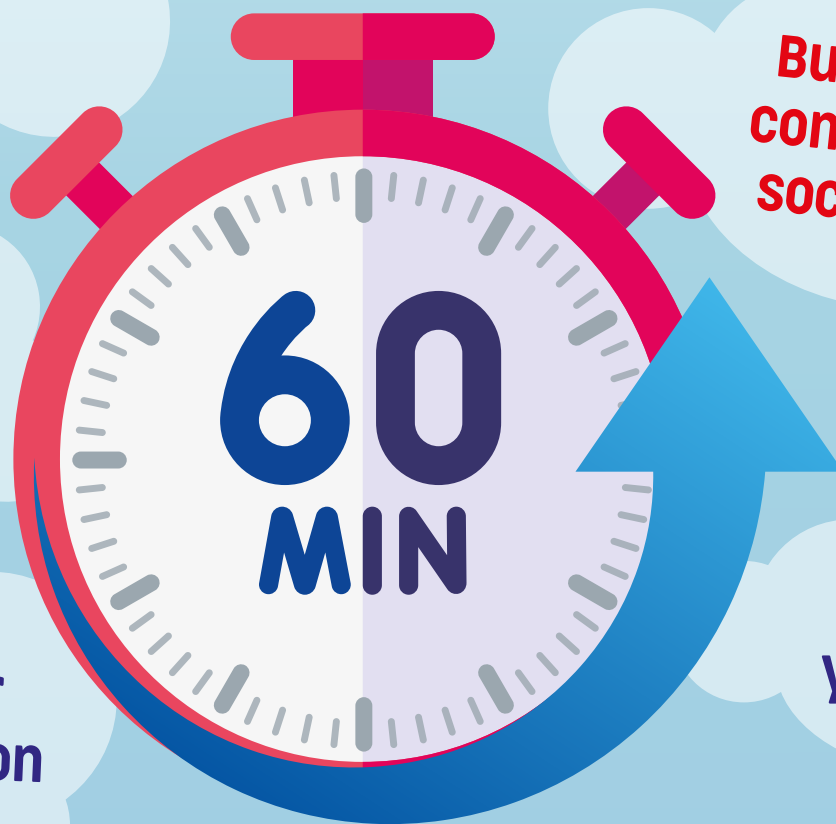
**Helps your
concentration
& learning**

**Develops your
co-ordination**

**Builds your
confidence &
social skills**

**Improves
your sleep**

**Strengthens
your bones
& muscles**



AT-HOME ACTIVITY *BINGO*

How many can you tick off each day?



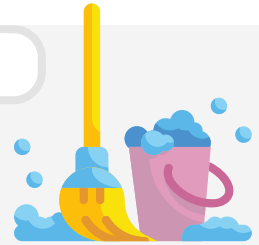
**Dance to your
favourite song**



Play in the park



**Go to an after-
school club**



**Do some
household
chores**



Go swimming



**Walk, jog, skip
to school**



**Play 'IT' with
your friends**



**Go for a walk with
your family**



**Skip with or
without a rope in
the playground**



**Take part in an
online workout or
dance session**



Play in a garden



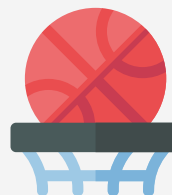
**Make up your own
game with a ball**



Play 'Hide & Seek'



**Go for a bike or
scooter ride**



**Take part in a
sports training
session/match**



**Play football
at playtime**