



Active 60

60 ACTIVE MINUTES

New physical activity guidelines have been published by the four UK Chief Medical Officers, covering early years, children and young people. Physical activity should be encouraged across the population, with the latest evidence showing there is a clear link between physical activity and chronic disease.

The guidance has a renewed focus on being active everyday and spells out the recommended minimum levels of activity for each age group:

The Chief Medical Officers' guidance on daily physical activity levels sets out that children should do **at least 60 minutes** of physical activity a day in addition to the 2 hours of curriculum PE each week.

60 Active Minutes at School

As a school, we are making a conscious effort to ensure every child participates in 60 extra active minutes. Activities include:

- Wake up, shake up routines
- Active phonics
- Active spelling
- Daily Mile

We also have a structured programmes of activities in the playground run by our Sports Leaders and these include our Active Wall, Skip2B fit activities, Box2B activities and playground games, including the Disney 10 minute shake up games on Change for Life.