			Phys	ical Activity/Sport
Health – Even relatively small increases in physical activity can contribute to improved – The more time spent being physically active, the greater t	he health benefits — The r	elationship between physic	cal activity & health is cle	ear
lity of life 2			,	
	vild confidence	ren & young people taking	part in physical activity	holps to
Devel Improve learning 8		ren a young people laking	part in physical activity i	
		op muscle strength		
	B	For the stren suild healthy bones	ngthening activities help	to — In childhood ·
Con	tribute to healthy ageing			
	Reduce the risk of falls	 Activities which improve s 	strength & balance —	In adults & older a
	ople feel more confident \checkmark			
Reducing the risk of disease				
Managing existing conditions Making it easier to maintain a healthier weight		ar physical activity provide	os a rango of physical m	ontal & cocial boalt
Making it easier to maintain a healthier weight Developing & maintaining physical & mental function	: — These include — Regul	lar physical activity provide	es à range or physical, M	entat & SUCIAL NEALT
Increasing motivation & confidence				
	arly for people with a disab	oility & those in later life	— Being active makes da	aily tasks easier & i
	Coronary heart c	-		
	Obesity & type 2 di	abetes -		
	Mental health pro	Physical activity	v can have a protective ef	fect on a range of (
	Social iso			
		Depress	sion ₇	
		Cardiovascular disea	ase — It can also help tre	eat & offset the syr
		Parkinson's disea	ase	
	Recent e	evidence demonstrates that	t there is no minimum amo	ount of physical ac
	Can be effective as a beha	avioural goal for people sta	arting from low levels of a	activity — Even aiı
		Improved grades		
		School engagement	- Directly	
		Behaviour -		
		Reduced absenteeism J	– Regular phys	sical activity is asso
Self- control	& concentration			
		nhancing skills such as — Ir	ndirectly	
	Time management J Helps ma	aintain higher levels later in	n childhood & adolescend	e & into adulthoor
For go		rease their use of public tra	ansport & active travel op	otions — Physica
	Calm speed			
	uce vehicle traffic — Includ	ling measures to — Physica	a activity can be support	.eu through intrastr
	se active mobility -	Can support phy	ysical activity — The pro	vision of green one
		Can support physic	· · · · ·	on of space from m
	Outdoo	or & indoor spaces		en er space nemn
Fac	ilities where people can be	– Physic	cal activity can be suppo	orted through desig
	 Helps maintain higher levels		escence, & into adulthood	d — Achieving
	Recent	t evidence demonstrates th	nat there is no minimum a	mount of physical a
C	an be effective as a behavio	oural goal for people startir	ng from low levels of act	ivity — Even aimin
		Depressi	ion _\	
		Cardiovascular disea	ase — It can also help tre	at & offset the syn
			ase	
		Parkinson's disea		
	Coronary heart d			
	Coronary heart d Obesity & type 2 dia	lisease abetes		6 .
	-	lisease abetes – Physical activity	can have a protective ef	fect on a range of c
	Obesity & type 2 dia	lisease abetes - Physical activity oblems	can have a protective ef	fect on a range of (
Reducing the risk of disea	Obesity & type 2 dia Mental health pro Social iso	lisease abetes - Physical activity oblems	can have a protective ef	fect on a range of (
Reducing the risk of disea Managing existing conditio	Obesity & type 2 dia Mental health pro Social iso	lisease abetes - Physical activity oblems	can have a protective ef	fect on a range of (
	Obesity & type 2 dia Mental health pro Social iso	lisease abetes - Physical activity oblems		
Managing existing condition	Obesity & type 2 dia Mental health pro Social iso	abetes oblems olation		
Managing existing condition Making it easier to maintain a healthier weig	Obesity & type 2 dia Mental health pro Social iso ase ht — These include — Reg	abetes oblems olation		

Coronary heart disease Obesity & type 2 diabetes - Physical activity can have a protective effect on a range of chronic conditions including Mental health problems ts & older adults – Social isolation \mathcal{I} Depressior social health benefits Parkinson's disease ks easier & increases independence Contribute to healthy ageing a range of chronic conditions including Help people feel more confident 🧹 - Even relatively small increases in physical activity can contribute to improved — The more time spent being physically active, the greater the health benefits — The relationship between physical activity & health is clear Quality of life — Particularly in later life fset the symptoms of Reducing the risk of disease physical activity required to achieve some health benefits Managing existing conditions ~ - Even aiming to do at least 10 minutes of activity at a time Developing & maintaining physical & mental function Increasing motivation & confidence tivity is associated with improved learning & attainment both — Achieving higher levels of physical activity in the early years adulthood Being inactive is harmful to health -- Physical activity can be supported through programmes encouraging people to $\,$ ugh infrastructures to support safe walking &/or cycling &/or wheeling f green open spaces &/or mixed land use &/or compact urban design bace from motorised transport to active travel &/or active recreation Coronary heart disease Obesity & type 2 diabetes – rough designing & providing universal & accessible access to Mental health problems Achieving higher levels of physical activity in the early years Social isolation f physical activity required to achieve some health benefits Health - Even relatively small increases in physical activity can contribute to improved — The more time spent being physically active, the greater the health benefits — The relationship between physical activity & health is clear Even aiming to do at least 10 minutes of activity at a time -Quality of life Improved grades — Particularly in later life fset the symptoms of School engagement Behaviour **Reduced absenteeism** Self- control & concentration a range of chronic conditions including Team working — By enhancing skills such as — Indirectly Time management Contribute to healthy ageing & social health benefits Help people feel more confident Develop muscle strength **Build healthy bones** Reducing the risk of disease ive is harmful to health Managing existing conditions Making it easier to maintain a healthier weight 🕂 These include — Regular physical activity provides a range of physical, mental & social health benefits Developing & maintaining physical & mental function Local Authority Increasing motivation & confidence **Build confidence** Develop social skills - For children & young people taking part in physical activity helps to Improve learning & attainment

- Even relatively small increases in physical activity can contribute to improved — The more time spent being physically active, the greater the health benefits — The relationship between physical activity & health is clear Quality of life -

	The more the better! — At any intensity spread throughout the For more than 1 hour a Playing with toys Engaging in reading or storytelling with their caregiver if possible
On at least 3 days of the week — With muscle-strengthening activities (such as climbing or doing body weight resistance exercises) —	– You may try to take part in mostly aerobic activities (such as walking to school, If you are unable to say more than Particularly if this time is spent on a

On at least 3 days of the week — With muscle-strengthening activities (such as climbing or doing body weight exercises) — Mostly aerobic activities (such as walking/wheeling to school, or playing sports) — To get the greatest benefits to health, you may try to take part in —

Or at least 1 hour & 15 minutes of vigorous intensity physical activity (such as running) per week

Education & Childcare

