

PHYSICAL ACTIVITY FOR DISABLED CHILDREN AND YOUNG PEOPLE (5-18 YEARS)

LET'S
GET
MOVING

HOW MUCH PHYSICAL ACTIVITY SHOULD DISABLED CHILDREN AND YOUNG PEOPLE BE DOING?



Aim to be active for 20 minutes per day, every day of the week.

Do challenging but manageable strength and balance activities 3 times a week.

6 key benefits of moving more:



Builds new friendships



Improves mood and self-esteem



Improves motor skills, balance and coordination



Helps good mental health



Makes you feel proud



Helps to maintain a healthy weight

MORE IS BETTER

3 top tips

1

Find what's fun

Get involved in feel good activities

2

Take part

Get involved in accessible and inclusive activities

3

Bitesize chunks

When starting out, ask 'Can I do this today? How do I feel?' Then go for it!

GO! Turn over for activity ideas

EVERY MOVEMENT

MATTERS

Small amounts of physical activity are good for you as well. Start building in bitesize chunks of activity into your daily routine...

GREAT FOR SCHOOL

Daily Boost and Daily Mile



Playground activities

Breakfast, lunchtime and after school clubs

Wheelchair sports



MOVE AS A FAMILY

Go for a local walk



Get out on your bikes and scooters



Play at your local park or playground

TRY THESE

Dance to music



Adapted sports



Balance activities or yoga



Play some outdoor / garden games

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