

SPRING INTO ACTION



CAMPAIGN



The Spring into Action campaign is all about encouraging children and young people to **GET ACTIVE MORE OFTEN**.

During the lockdown period we are spending more and more time sat down and behind our screens. It is important for our physical and mental health to move as much as we can and break up sitting time.

Chief Medical Officer (CMO) guidelines advise that all children and young people should be active for an average of **at least 60 minutes a day** across the week.

As part of the Spring into Action campaign we are setting weekly 60 second challenges for children and encouraging them to beat their score throughout the week. These challenges are a small part of supporting children and young people to meet the daily physical activity guidelines with children encouraged to find other activities to build into their daily routine to help them achieve at least 60 active minutes a day.

To get involved as a school all you need to do is:

- Share the weekly 60 second challenges with staff and children and encourage them to get involved.
- Children can join in from home or at school. There is a challenge sheet and activity tracker for children to record their progress.
- Promote physical activity and the importance of reducing sedentary behaviour for health and wellbeing.
- Celebrate children's successes and share other ideas to help keep everyone active and healthy.

Staying active is even more important in the current climate so get involved and share what you have been doing to help inspire others!

#SpringIntoAction

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TO GET ACTIVE MORE OFTEN.**

