

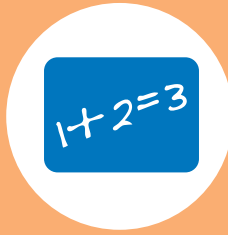
5 - 12
YEARS

PHYSICAL ACTIVITY FOR CHILDREN

Plenty of moving helps children



Develop



Learn

keeping them:



Social



Confident



Healthy

Each day children need at least



60
MINUTES



Huff and puff activity

e.g. running or sport

Including weekly:



Strength activities on 3 days

e.g. jumping or climbing games

Tips for getting active



Play games or sports in the backyard or park



Walk or ride part way to school



Explore bushland or beaches



Build cubbies or forts indoors or out



Hop, jump, run or dance



Target games

healthy
Tasmania
A Tasmanian Government
and Community Partnership