

Assembly Resource

Read the information found on the assembly resource. Talk through the NHS guidance and Joe Wicks' sessions. Can you think of other ways that we can stay active at the moment if some of our usual activities aren't taking place?

What is the NHS guidance for keeping active?

Children and young people aged 5 to 18 should:

- Aim for an average of at least 60 minutes of moderate intensity physical activity a day across the week.
- Take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones.
- Reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day. All activities should make you breathe faster and feel warmer.



Are you pleased that Joe Wicks is running his morning 'PE with Joe' sessions again?