

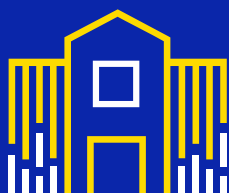


**SPORTS
DIRECT**

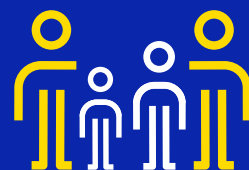
**NATIONAL SCHOOL
SPORTS WEEK 2023**
PLAY FOR FUN, PLAY FOR 60

**19-25
JUNE**

30
at school



30
at home



*Chief Medical Officers' recommendation

Welcome to the National School Sports Week wall planner!

The planner has been designed to help pupils, teachers, and parents to plan and track their progress towards achieving the Chief Medical Officers' recommended minimum of 60 active minutes a day.

The planner is intended to be pupil-led, with teachers and parents providing guidance and support. We encourage you to use it to track your activity throughout the whole day and to highlight your progress in every lesson.

Print out and use the planner on the next page and let's work together to **play** for fun, **play** for 60!

There's also a poster with tips and tricks to make the most of your day.

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Find out more:

www.youthsporttrust.org/nssw

@YouthSportTrust | #NSSW2023 | #PledgeToPlay

NATIONAL SCHOOL SPORTS WEEK 2023

PLAY FOR FUN, PLAY FOR 60

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Encourage your teachers to make **all lessons active!**



Set a **daily step count** goal!



Walk, cycle or scoot to and from school!



Work as a team with class mates!



Fuel your body!



It's **more fun** with others!



Be creative and have fun!

Weekly planner

	Before school	Morning lessons	Lunch time	Afternoon lessons	After school	After dinner	How do you feel? Total minutes
Example	Bike to school	Active Maths	Foot moving icon. Trim trail	Active art	Football	Skipping	Happy!
Minutes	10 	10 	15 	5 	10 	10 	60 
Mon							
Tues							
Weds							
Thurs							
Fri							
Sat							
Sun							
Total							

Share your progress and inspire others to do 60 active minutes #NSSW2023 #PledgeToPlay

Remember: You're aiming for
30 minutes during the school day and
30 minutes outside of school,
Averaging 420 minutes per week!

For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

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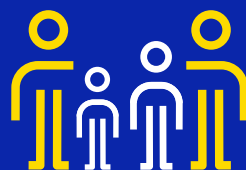
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Make the most of your day



Try and get as close as you can to achieving 60 active minutes. This is important for maintaining good health. Look to build activity into your day. We know that if you 'play for 60' but spend the rest of your day sitting down you may lose many of the benefits of that active time.

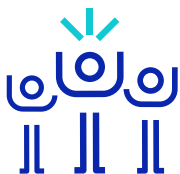
Every step counts



You will have some days that are full of movement, and some days that are not, so try and plan for how you make small changes to moving, sitting and resting over the week. Small changes from sitting to moving are just as important.

Move more, sit less, rest well!

Even if you don't achieve 60 active minutes every day, remember to:



Stand up and move more during your day.



Balance your time spent online with other activities, including spending time with others.



Take the time to rest, including looking after your sleep patterns. You will find this increases your energy and motivation to move!



Drink plenty of water and try and fuel your body with the right foods to move and be healthy.

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