

# Your Active Minutes

Name	Monday	Tuesday	Wednesday	Thursday	Friday	Week Total
	Active Minutes	Active Minutes	Active Minutes	Active Minutes	Active Minutes	

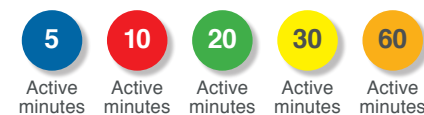


**How to use this board** All children aged between 5-18 should be doing 30 minutes of physical activity beyond the school day.

- Step 1:** Write down all the people's names who live in your house.
- Step 2:** When you do any physical activity add a sticker to your name.
- Step 3:** At the end of the week, add up your total and see who wins.
- Step 4:** Take the results back to school to show your teachers.

## Using the stickers

Add the relevant sticker each time you do any physical activity.



Supported by



# Sentinel Active Minutes

## Did you know?

### What is Active Minutes?

This board has been designed to enable families track their Active Minutes beyond the school day in line with the Chief Medical Officer guidelines, recommending that all children and young people 5-18 should be engaged in at least 60 minutes of moderate to vigorous physical activity during the day (30 minutes in school and 30 minutes beyond school).

### What counts as moderate to vigorous physical activity?

Walking, Running, Playing, Cycling, Climbing, Dancing, Gardening, Working Out, Active Recreation e.g. Football, Rugby etc.

### Benefits of Physical Activity

1. Boosts brain power
2. Increases energy levels
3. Prevents illness
4. Aids weight loss
5. Increases confidence
6. Improves sleep
7. Reduces anxiety
8. Reduces depression
9. Increases wellbeing
10. Reduces stress levels

### Move Body, Active Brain What an MRI scan tells us

Schools cut recess (and P.E.) to their own detriment. Even if kids aren't running, they're winning. Below are composites of MRI brain scans of 20 students taking the same test, as measured by University of Illinois researcher Dr. Chuck Hillman.

The red sections represent the highest amount of neuro-electric activity, with dark blue representing the lowest.

