

# Active Schools

# Activity Diary

Stay active  
at home with  
the Active  
Schools Team



[www.activeschoolssa.co.uk](http://www.activeschoolssa.co.uk)



*south*  
**AYRSHIRE**  
COUNCIL  
Comhairle Storrachd Air a Deas

# Physical benefits of sport and physical activity for children

To maintain a basic level of health, children and young people aged 5 to 18 need to do...

AT LEAST  
**60**  
MINUTES  
OF PHYSICAL  
ACTIVITY  
EVERY DAY!



INCLUDING  
**3 DAYS**  
A WEEK  
TAKE PART IN  
ACTIVITIES THAT  
INVOLVE EXERCISES FOR  
STRONG MUSCLES AND  
BONES, SUCH AS HOPPING,  
SKIPPING AND SPORTS  
SUCH AS GYMNASTICS  
OR TENNIS



ENCOURAGE KIDS TO

RUN



WALK



BIKE



SWIM



PLAY



BEING ACTIVE FOR  
AT LEAST 60 MINUTES  
A DAY IS LINKED TO:

Improved coordination  
Stronger muscles and bones  
Improved physical fitness and health  
Healthy weight | Improved sleep  
Improved concentration and learning  
Improved mood | Increased energy levels



# Mental Health benefits of sport and physical activity for children

We all have mental health, just as we have physical health, and it's important that we take the time to look after it.



REDUCED  
STRESS LEVELS



INCREASED  
ENERGY LEVELS



BOOSTS BRAIN  
POWER



REDUCED  
DEPRESSION



INCREASED  
CONFIDENCE



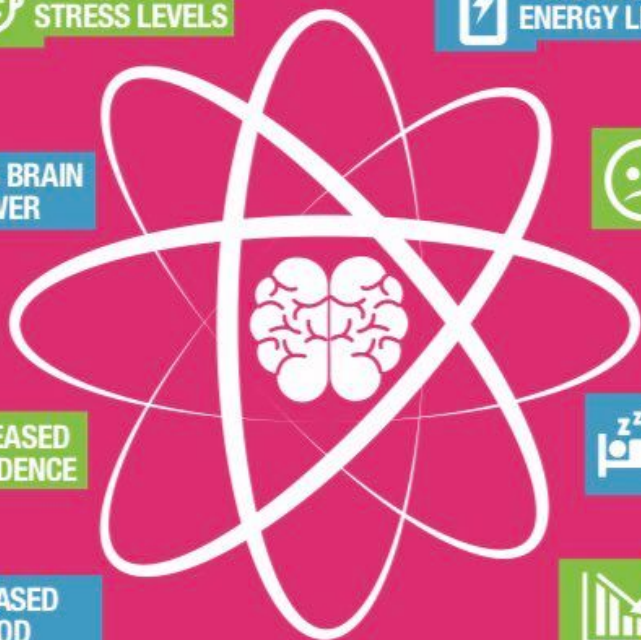
IMPROVED  
SLEEP



INCREASED  
MOOD



REDUCED  
ANXIETY



BEING ACTIVE IS PROVEN TO HAVE A **POSITIVE EFFECT** ON OUR MENTAL HEALTH AND WELLBEING.

# Week 1

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Regular exercise is fun and makes you feel great**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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**Encourage kids to**



# Week 2

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Encourage your family to join in with your activity each day**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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# Week 3

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Regular exercise can reduce stress levels and boost brain power**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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**RUN**



**WALK**



**PLAY**



**CYCLE**

# Week 4

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Plan your activity each day so you can reach your goals**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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**WALK**



**CYCLE**

# Week 5

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Staying active can help improve concentration and learning**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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# Week 6

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Plan ahead to smash you activity goals this week**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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# Week 7

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Add some stretching into your routine to keep your muscles flexible**

	<b>Activity</b>	<b>Time</b>
<b>Monday</b>		
<b>Tuesday</b>		
<b>Wednesday</b>		
<b>Thursday</b>		
<b>Friday</b>		
<b>Saturday</b>		
<b>Sunday</b>		
	<b>TOTAL</b>	

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**WALK**



**CYCLE**

# Week 8

**Record the activities you have taken part in this week. Aim for at least 60 minutes of physical activity every day.**

**Challenge yourself by adding new activities to your weekly plan**

## Activity

## Time

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**TOTAL**

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Our resources are available weekly to download from the Active Schools website. Each week we will focus on a new activity/sport. All resources are designed to provide ideas to support you and your family to remain active at home.

If you would like anymore information or support to stay active at home please visit:

[activeschoolssa.co.uk](https://activeschoolssa.co.uk)

or contact us on

[activeschools@south-ayrshire.gov.uk](mailto:activeschools@south-ayrshire.gov.uk)  
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