

Active Schools

Activity Diary

Stay active
at home with
the Active
Schools Team



www.activeschoolssa.co.uk



south
AYRSHIRE
COUNCIL
Comhairle Stiorrachd 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



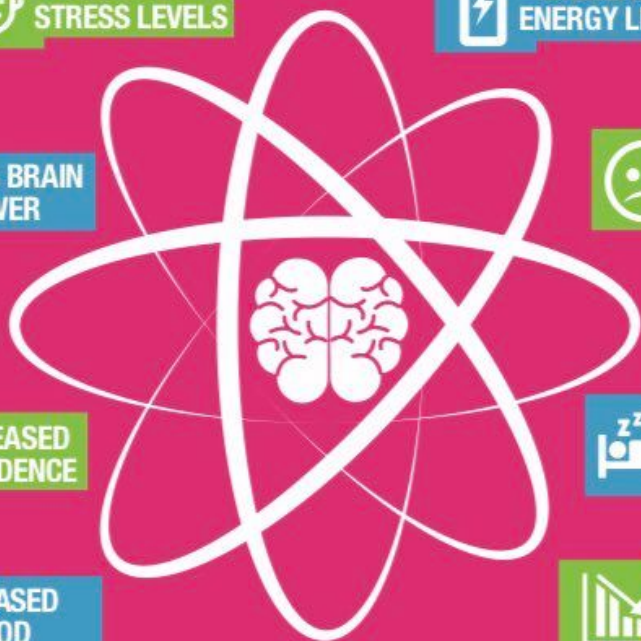
IMPROVED
SLEEP



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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
	TOTAL	

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WALK



CYCLE

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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
	TOTAL	

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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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

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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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

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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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
	TOTAL	

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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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

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WALK



CYCLE

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

	Activity	Time
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
TOTAL		

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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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WALK



CYCLE



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

or contact us on

activeschools@south-ayrshire.gov.uk
01292 294 191

