

Monday, 26 February 2024

Health and Social Wellbeing Improvement



This fun physical activity record sheet outlines the recommended physical activity guidelines for children aged 5 to 18 and includes an easy way for children to keep track of how much physical activity they are getting.

Details

Format

A4, PDF only

Target group

General public

Downloads

Attachment

Size

[Physical activity record sheet 02.24](#) 2.56 MB

Tags

- [Physical activity](#)
- [children and young people](#)

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