

## Physical Education

### Advice for Parents

The government recommends that young people should participate in one hour of physical activity per day.

Encourage your child to participate in regular physical activity outside of school by:

- Finding out about sports clubs in your local area
- Encouraging low impact, steady state physical activity such as walking
- Downloading a physical activity app. There are hundreds out there but the Couch to 5K is great for a cheap and easy introduction to jogging
- Exercising together!