

Physical Activity Guidelines



HSE Guidance on Physical Activity and Exercise for Children of all ages

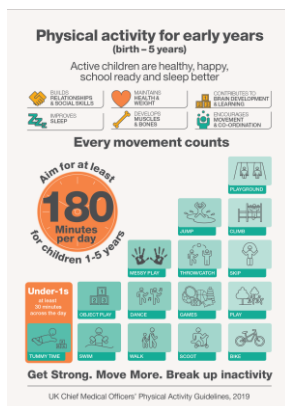
- How much physical activity children need
- Fitness for different age groups
- Physical activity for children with health conditions
- Get your child motivated
- Examples of activities for children
- Strengthening and flexibility exercises
- Develop a healthy lifestyle

<https://www2.hse.ie/wellbeing/teaching-your-children-to-be-active.html>



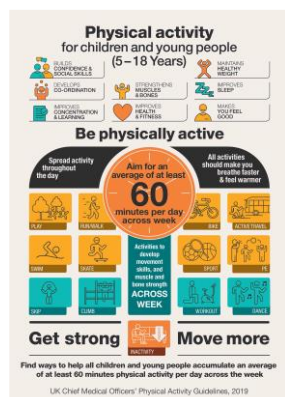
World Health Organisation (WHO) Recommendations for Physical Activity, Sedentary Behaviour and Sleep for children under 5 years

<https://apps.who.int/iris/bitstream/handle/10665/325147/WHO-NMH-PND-2019.4-eng.pdf?sequence=1&isAllowed=y>



Physical Activity Guidelines for children under 5 years Summary

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/829882/1-physical-activity-for-early-years-birth-to-5.pdf



Physical Activity Guidelines for children under 5 years Summary

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/832861/2-physical-activity-for-children-and-young-people-5-to-18-years.pdf

Games & Activities to try



HSE leaflet with Active Play tips and ideas for children under 3 years

<https://www.getirelandactive.ie/Resources/Nat%20guidelines/Early%20Years/0-3%20Play%20HSE%20booklet.pdf>

aged 3 – 6 years

<https://www.getirelandactive.ie/Resources/Nat%20guidelines/Early%20Years/3-6%20yr%20active%20play%20.pdf>



Yoga, mindfulness and relaxation designed for children aged 3+

<https://www.youtube.com/user/CosmicKidsYoga>

#CosmicKids



10 minute workouts with RTÉjr presenters Gráinne Bleasdale and Micheál Ó Ciaraidh. Available in English and as Gaeilge.

<https://rtejr.rte.ie/10at10/>

#10at10



@ActiveForLife

Active for Life host a website and regular Twitter updates with resources for parents providing education and ideas for fundamental movement skills, child physical development and physical literacy. Activities are organized by age (0 – 12 years) and skill, and progress from basic to more complex movement skills that can be used to play any number of sports and activities.

<https://activeforlife.com/>



#PEwithJoe

Live YouTube workouts for children with Joe Wicks (the Body Coach) at 9am Monday to Friday
https://www.youtube.com/results?search_query=pe+with+joe



#BalloonOlympics

Use a balloon or ball
How many sports can you complete?
Tweet your play using **#BalloonOlympics #PlayInside**
<https://drive.google.com/file/d/1gv-bfVB53WDMqJg8ptJezXTpBgxt2H9R/view>



GAA have a number of activities and skills challenges on their website. For further details, check out:
<https://learning.gaa.ie/gogameskillchallenges>
<https://learning.gaa.ie/primary-school>
<https://learning.gaa.ie/gaasolo>

Wexford GAA have launched 2 initiatives to encourage physical activity and ball skills. Check out the challenges and post your videos to Twitter:

@Peil4All
@Hurling365

Physical Activity information provided in the absence of a visit with a health care professional must be considered as an educational service only. Please contact the Physiotherapist at your Haemophilia Centre for advice if you have a bleed or any concerns regarding your child's musculoskeletal health.