

## The 30 minutes of activity a day.

### What does this mean to a teacher?

- The active 30 minutes a day initiative is in place to impact on a child's health and weight.
- It is an extra 30 minutes of moderate to vigorous activity per day - IN ADDITION TO the scheduled 2 hours of timetabled PE per week.
- We also know that by achieving this target of 30 minutes of extra activity, it can impact massively on brain health and development, and can help children achieve much more academically, so it's a win - win.

### So what is being asked of me as a teacher?

Understanding effort level in relation to the mental and physical impact of an activity will help you to choose the most appropriate imoves activity for each part of the day.

**LIGHT** activity may be walking around the room for example, or stretch and yoga.

These types of activities help the children to focus and concentrate, improve their mood and stimulate the brain with increased blood flow.

Use imoves active lessons, yoga, Pilates and mindfulness stretch activities.



**MODERATE to VIGOUROUS** activity would make you feel slightly out of breath to very out of breath, for example dancing, jumping, jogging on the spot or high knees. These types of activities burn lots of calories, build strong muscles and bones, improve cardio-vascular health and stimulates brain cell growth to improve memory, focus and attention.

Use the imoves short 2 to 10 minute high energy blasts throughout the day.



imoves active classroom resources feature lots of different types of activity to help children achieve more academically and get fitter!