

Mo's Mission




Encourage your teachers to make **all lessons active!**



Set a **daily step count** goal!



Walk, cycle or scoot to and from school!



Work as a team with class mates!



Fuel your body!



It's **more fun** with others!



Be creative and have fun!

Weekly planner

	Before school	Morning lessons	Lunch time	Afternoon lessons	After school	After dinner	How do you feel? Total minutes
Example	Bike 2 school 10	Active Maths 10	Trim trail 15	Active art 5	Football 10	Skipping 10	Happy! 60
Mon							
Tues							
Weds							
Thurs							
Fri							
Sat							
Sun							
Total							

Share your progress and inspire others to do **60 minutes a day of PE, sport and play #MosMission**

Remember: You're aiming for **30 minutes during the school day** and **30 minutes outside of school**, **Averaging 420 minutes per week!**

For young disabled people, the Chief Medical Officers' recommendation is for 20 minutes of physical activity every day and strength and balance activity three times a week.

Find out more:
#MosMission
www.youthsporttrust.org/mos-mission

