How can I help reduce healthcare associated infections?
Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitiser available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitiser. Staff will let you know if this is the case.

www.buckshealthcare.nhs.uk

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If you would like any more support or information please contact your local school nursing team – see website for contact details.

www.buckshealthcare.nhs.uk/School-nursing

Helpful websites:
www.nice.org.uk/guidance/ph17
www.bhf.org.uk
www.bhfactive.org.uk
www.nhs.uk/Livewell/fitness/Pages/physical-activity-guidelines-for-young-people.aspx
www.nhs.uk/change4life/Pages/change-for-life.aspx

Images used are from the Public Health England, 'Change for Life' campaign

Further information
How can I help reduce healthcare associated infections?
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If you require a translation of this leaflet please call 01296 315858

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Physical Activity

Year 6
School Nursing Services

Patient information leaflet

www.buckshealthcare.nhs.uk

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Safe & compassionate care, every time
Why is physical activity good for you?

It is important to be active for healthy growth and development. It reduces the likeliness of getting diseases such as diabetes and heart problems and improves your general health and wellbeing now and as you get older.

Being active regularly improves your ability and your enjoyment will increase too as you get more confident.

Children with physical disabilities, even those with severe impairments, can take part in physical activities to benefit their physical and social development, so make sure you try and include all your friends too.

Who you are friends with influences what you do too. Some groups of friends prefer to stay indoors looking at computer screens but others prefer to be more outdoors and active. Try and mix it up and do lots of varied activities instead of sticking to one.

What are the guidelines?

You should do at least 60 minutes of physical activity every day ranging from a moderate-intensity activity to a vigorous-intensity activity. On three days a week, these activities should involve muscle-strengthening activities and bone-strengthening activities. You should minimise the amount of time you spend sitting watching TV, playing computer games, an

How do I know I am doing the right sort of activity?

What counts as moderate-intensity activity?
Walking to school
Playing in the playground
Riding a scooter
Cycling on level ground or ground with few hills
You should be able to talk but without singing the words to a song.

What counts as vigorous-intensity activity?
Playing chase
Energetic dancing
Swimming
Gymnastics
Rugby
You won't be able to say more than a few words without pausing for a breath.

What counts as muscle-strengthening activity?
Yoga
Swinging on playground equipment bars
Tree climbing
Gymnastics
Rock climbing

What counts as bone-strengthening activity?
Games such as hopscotch
Dance
Water-based activities
Sports such as gymnastics, football, netball, hockey, badminton and tennis