

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

