



MVPA60 in 1 day

To tie in with the World Health Organisation's recommendation that **children and adolescents aged 5-17** should accumulate at least an average of **60 minutes** daily of moderate- to vigorous-intensity physical activities (i.e **MVPA60**) across the week

Brisk walking to school in the morning (15m)



Recess Activity - Rope Skipping (10m)

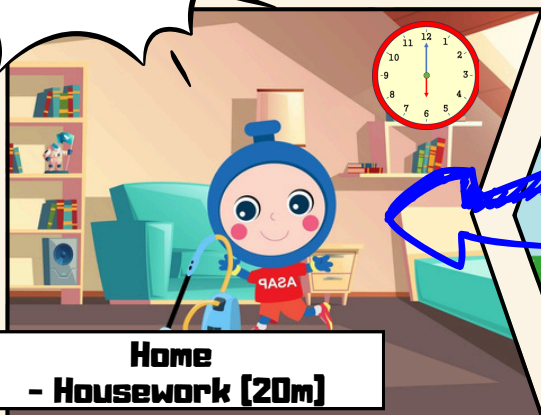


Total Time: 80 minutes

Brisk walking home after school (15m)



Home - Housework (20m)



Lunch Recess Activity - Shuttlecock (20m)

