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# UK physical activity guidelines: Draft review and recommendations for Children and Young People (aged 5-18 years)

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# Current CMO 2011 Recommendations

- 1) All children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours every day.
- 2) Vigorous intensity activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

# Does the scientific evidence continue to support the current Physical Activity Guidelines for Children and Young People?

- *Review level evidence has increased representing substantial evolution of field since 2011 guidelines*
  - *Some small but important changes to the guidelines would be helpful*

# What were the key issues for the EWG consideration?

- 1) Should the guidelines be 60 minutes of MVPA per day or an average of 60 minutes of MVPA?
- 2) Any evidence to support bouts of MVPA?
- 3) Any evidence for a specific age-cut-off?
- 4) Should guidelines mention movement quality, cognitive development, mental health or high intensity interval training for children and young people?

# Draft Recommendations for CMOs Children and Young People Guideline

- **Revised recommendation 1:** Children and young people (5-18 years of age) should engage in moderate to vigorous intensity physical activity for an average of 60 minutes per day.

## Suggested change after Edinburgh Consultation

- Children and young people (5-18 years of age) should engage in moderate to vigorous intensity physical activity for an average of 60 minutes per day. (This activity can be accumulated across the day and include all forms of activity such as physical education, active travel, activity outside of school, play and sports).

# Draft Recommendations for CMOs Children and Young People Guideline

- **Revised recommendation 2:** Children and young people (5-18 years of age) should be encouraged to engage in a variety of types and intensities of physical activities to develop complex movement skills and develop muscle and bone strength. These activities should be spread across the week.

## Suggested change after Edinburgh Consultation

- “Children and young people (5-18 years of age) should be encouraged to engage in a variety of different types and intensities of physical activity to develop movement skills, muscular fitness and bone strength. These activities should be spread across the week.”

# Key outstanding issues

- Need national level objective data on PA for CYP
- Dose response relationship including benefits of light intensity PA not clear
- Need more information to identify optimal age for transition from child to adult guidelines
- Need high quality evidence on impact on cognitive ability and educational attainment
- More information on how to improve movement quality and how to deliver at scale is needed
- Need more information on optimal format of HIIT for children and young people with a focus on feasibility of implementing and development of best practice guidelines is needed

# Feedback from Edinburgh

- Change recommendations as outlined previously
- Include specific mention of PE's importance for movement skill development in narrative of report
- Remove mention of “optimal design” for HIIT and focus on need for implementation studies