



The 2018 Active Healthy Kids Australia Report Card showed a similar story to the report card in 2014 & 2016, in that Australian school children rank among the worst in the world (D-) for overall physical activity levels.

2018 Active Healthy Kids Active Report Card



Australian Council for Health, Physical Education and Recreation

www.hpeday.com.au



National Health & Physical Education

DAY
2 SEPTEMBER 2020

Good for Children, Good for Schools, Good for Communities



'8 in 10 children and young people are not active enough for good heart health. This ranks Australia among the world's most inactive nations.'

Blueprint for an Active Australia - Heart Foundation



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'For Children and Young People (5 to 17 years), being physically active every day can have:

- Social benefits like helping to develop cooperation and teamwork skills.***
- Emotional and intellectual benefits such as help with management of anxiety and stress and improved concentration.***
- Health benefits such as improved physical fitness, including coordination and movement skills and strong muscles and bones.'***

Australian Government | Department of Health



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'Regular physical activity is a good way to help prevent or manage mild anxiety and depression. Keeping active can help you stay physically fit and mentally healthy.'

Beyond Blue Australia



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