

Physical activity pyramid for kids

Leisure time – sitting



as little as possible

Sport



2 × 15 min/per day

leisure time



4 × 15 min/per day

daily life



6 × 5–10 min/per day

Physical activity and exercise promote the physical, cognitive, emotional and social development of children and young adults. They aid weight regulation, increase powers of perception, concentration and the learning ability of children and young adults whilst simultaneously helping to reduce levels of stress, anxiety and aggression.

Daily life: 6 × 5–10 minutes per day

- everyday activities
- can be slotted into the day at any time
- moderate physical activity

Examples: taking the stairs, walking to school, cycling, helping around the house

Recreational activities: 4 × 15 minutes per day

- physical recreational activities
- medium physical effort (so that you don't get out of breath)

Examples: playing outside with friends, catching games, playing football

The physical activity pyramid for kids shows what type of exercise a child/young adult needs every day.

Sport: 2 × 15 minutes per day

- physical/cardio activity at sports club or in school sports
- intensive physical effort (the child breaks into a sweat and gets out of breath)

Examples: basketball, gymnastics, martial arts

Leisure time spent sitting: as little as possible

Particularly screentime:

- nursery children max. 30 minutes/per day
- primary school children max. 60 minutes/ per day
- young adults max. 120 minutes/ per day

Examples: TV, computer/tablet, smartphone