

Get active!

TRY THESE GOALS:

1. Aim to go for a family walk at least once a week.
2. Aim to do two sport, dance or other activity sessions outside of school each week that make your heart beat and breathing faster.

Being physically active is important for your healthy GROWTH and DEVELOPMENT, as well as improving your FITNESS. Activities such as running, skipping, swimming and jumping also help to strengthen BONES and MUSCLES. Walking together as a family is a great way to encourage and support each other to increase physical activity. It will also give you the chance to spend time together and can be made FUN by playing games along the way!

INDOOR GAMES

Don't let the bad weather outside stop you from being active and having fun. Find out just how much fun you can have playing indoors with these ideas:

FEATHER OR BALLOON BLOW

Ask Mum and Dad for a feather or a balloon and find a large open space. When they say, "GO!" you have to start blowing the feather or balloon in the air. You have to keep the feather or balloon up in the air for as long as you can! How long do you think you can go for?

CHOPSTICK PASS-ALONG

Mark out an obstacle course around a room. Get a set of chopsticks. Carry items around the obstacle course using only the chopsticks. Items could include grapes, slices of cucumber, orange segments, strawberry halves, popcorn etc.

TABLETOP SOCCER

Use an old box as the soccer pitch, a cotton wool ball or a table tennis ball and a straw. Mark out goals on each side of the pitch. Using straws blow the ball around the pitch. The winner is the first person to 5 goals. Have a round robin with your family to find the Tabletop Soccer champ!

MUSICAL STATUES

Hook up your favourite music, grab a friend, family member or anyone that's up for some fun and start dancing. When the music stops everyone must stop dancing and freeze! Anyone seen moving is out and can stand on the side line to watch for even the slightest movements during 'freeze' time. The game continues until the last person remains. What funny poses can you freeze in?

Stuck for ideas about how to make your heart beat and breathing faster? Check out the Indoor Games and Circus Act for plenty of great ideas!



CIRCUS ACT

Find out how practicing can improve your moves.

1. Choose one of the moves below. Feeling confident? Try the advanced skills!
2. Do the activity and record your results
3. After one week of practice, see how much your results have improved



THE TARGET MASTER

Make a target using a cricket wicket, a chalk marking on a wall or a small goal. See how many times you can kick a football to hit your target without missing.

Advanced - Try it with your other foot, now that could be tricky!

TIGHTROPE WALKER

Follow lines on a court (e.g. netball court goal circle) or make lines on the ground with chalk to make a circuit – the windier the better. Complete the circuit as fast as you can, making sure every footstep touches the line. Can you improve your time?

Advanced - After every 10 steps squat down on one leg and touch the ground with your hand.

THE JUGGLER

Grab a partner and throw and catch a ball. Sounds easy right? Now, take a step back each time you throw the ball. How many steps back can you take before the ball is dropped? Be careful not to bump into anything, make sure you have lots of space!

Advanced - Try catching the ball with one hand or use a smaller ball. Get creative (but stay safe!) with your object, what other objects can you play with?

DANCE TROUPE

Make up a 1 minute dance routine to your favourite tune. Liven it up with some turns and jumps. Ask a family member or friend to score you out of ten. Practice it and then get a new score.

Advanced - Do the dance with a friend and try to coordinate your moves in time.

ACTIVITY DIRECTORY

Click on the links below to find different types of activities running near you:

- **NSW physical activity directory:**
<http://www.dsr.nsw.gov.au/active/whatson.asp>
- **WA physical activity directory:**
<http://www.beactive.wa.gov.au/index.php?id=876#local>

Do you know about a physical activity directly for any other states? We are always looking to update our informaton and would love to hear from you.

Email us at:

info@betterhealthcompany.org

GOVERNMENT GUIDELINES

- For health benefits, children aged 5-12 years and young people aged 13-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity every day.
- Children's and young people's physical activity should include a variety of aerobic activities, including some vigorous-intensity activity.
- On at least three days per week, children and young people should engage in activities that strengthen muscles and bones.
- To achieve additional health benefits children and young people should engage in more activity – up to several hours per day.



Here are 5 top tips to help your child reach their physical activity goals. Your support is essential in helping your child stay active.

1. HELP YOUR CHILD FIND THE RIGHT ACTIVITY

Work together to choose one or two activities that your child is likely to enjoy doing regularly. If the first activity doesn't work out, encourage your child to try something else.

2. SET SMART GOALS AND REWARDS

Help your child set up a SMART goal for their physical activity. Plan a special time each week to check your child's goal and provide a small reward if it is achieved. If not, work together to find ways to help your child succeed the following week. Remember to PRAISE, PRAISE PRAISE!

3. GET PRACTICAL

What practical support will your child need from you to get started and regularly attend activity sessions (e.g. sports kits, transport, money for the session)? Use your problem solving skills to find ways to overcome things that might trip you up. Discuss possible solutions with other parents, coaches, activity leaders or a PE teacher.

4. CHALLENGE THE FAMILY

Use the physical activity goals as a chance to get your whole family more active. Challenge each other and make it fun!

5. COMMIT TO WEEKLY ACTIVITIES

Make a commitment to include your child's challenge activities in your family's weekly routines. Don't let busy family schedules take over from kids starting or sticking to their after-school or weekend activities. Skipping sessions often means kids get behind and lose interest.

Useful Links

- www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines
- www.healthykids.nsw.gov.au/teachers-childcare/physical-activity.aspx
- <http://www.dsr.wa.gov.au/benefits-of-physical-activity-for-your-children>
- http://www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Children_getting_them_active?open