

Get moving!

TRY THESE GOALS:

1. Walk or ride to get to places at least once a day (e.g. to school, park, friends, shops)
2. Aim for at least 30 minutes of active play outside of school time each day

Activities such as walking or riding to school can help to make sure you get enough physical activity each day. Plus, using your body to get to places also helps the ENVIRONMENT! Playing is good for you too! It counts towards your recommended 60 minutes of physical activity a day and is a great way to stay FIT, HEALTHY and HAPPY.

TRY THESE ACTIVE PLAY IDEAS:

- Go cycling or rollerblading around the block
- Play ball games with mates e.g. cricket, tennis, footy
- Play games like hopscotch, skipping, four square, handball
- Dance to music with your friends or family
- Go to an adventure playground
- Play chasey in the backyard
- Climb a tree or build a cubby / fort
- Play family games outside
- Dodge pavement cracks and jump to reach branches as you walk down the street
- Roll down hills, splash in water or skid in mud

Check out these active play ideas! Have you played them all before? Get your friends and family to help you add to the list so you never run out of fun activities!



SAVE THE PLANET!

- Did you know that walking and riding instead of getting in the car can help save the environment?
- Have you heard of the carbon footprint? It's a measure of how much carbon dioxide (CO₂) we produce. CO₂ is warming up, and may harm our planet!
- Cars provide a lot of CO₂, so driving less is great for the earth!
- To give you an idea, the average journey to school by car releases enough CO₂ to inflate 60 balloons!

Let's reduce these emissions by going on our own mission...leave your own footprint, not a carbon one!

Not sure where your closest park, playground, walking or riding track might be? Visit your local council's webpage to find out!

WALKING BINGO

Walking is great for loads of reasons, especially in autumn when you can jump around in all those leaves! But do you know there are ways to make it even more fun! Try playing Walking Bingo with a friend or family member and have a little healthy competition as you walk along.

WHAT YOU NEED:

- A list of items to spy
- A pencil
- Family member or friend
- Some comfy runners and big wide eyes ready to spot things

HOW TO PLAY:

- Write a list of objects, people, animals or things you might see around the area where you live
- Choose somewhere safe to walk and, as you go, spot as many items from the list as possible and tick them off
- Make it extra fun by having a competition with your walking partner! Who can spot the most items?

You can change your list every time you go walking. If you head to the park you can choose playground items (e.g. a swing, a roundabout, park bench) or nature items (e.g. duck, plants, a pond). Check out the ideas below for popular Walking Bingo items to get you started.



Gumnut or pine cone

Baby in a pram

Black front door

Motorbike

Gumtree

Daisy

Swing

Dog

Person on a bike

Cat

Traffic lights

Magpie

Kookaburra

Red car

Post box

Did you know that ACTIVE PLAY helps children and young people develop physically and emotionally? It improves fitness, social skills, problem – solving, confidence, creativity and lots more!

Read the tips below to help your child set realistic goals for active play and agree on a reward together.

1. MAKE TIME

Introduce a family rule to spend 30 minutes playing every day. This can be after school or, in ten minute bursts throughout the day.

2. MAKE SPACE

You don't have to have loads of space to make the most of it! Push back the sofas or encourage your child to go outside. If you're worried about safety, check out our top safety tips below.

3. BE RESOURCEFUL

Kids spend time in front of the TV or computer because they're always there and it becomes part of their routine. But, if you provide active play equipment (even household goods will do!) or invite friends around, it will trigger your child to be active. Children will naturally use their imagination if given time, space and encouragement.

4. BE ENCOURAGING

Show interest in your child's active play but let them play as they wish – they value their free time. Once you know what type of active play they enjoy doing, you can provide opportunities for your child. When they are active – give them praise, praise and more praise!

5. SAFETY TIPS

It's normal to be concerned about your child's safety when they're playing outside. But it's important to give them as many opportunities to be active outside as possible. Chat to other parents and if your child is young, take turns supervising them in the park. Older children value independence, but talk to them about your concerns, visit the outdoor space with them first, ensure they always stick with friends and set boundaries such as a curfew time.

Here are some top tips to help you work with your child to set realistic goals to increase their active transport. Your support is essential in helping your child stay or become healthier.

1. SET SMART GOALS AND REWARDS

Work with your child to set a challenge that is realistic and agree on a reward. Decide on a destination they can walk or ride to most weekdays and then agree on this with your child. A routine will help them to stick to their goals so check their progress every week. Remember to give them plenty of encouragement and praise!

2. STEP UP TO THE CHALLENGE WITH YOUR CHILD

Be a great role model! Ride together as a family or walk to work. Not only will you motivate your child but you'll skip the stress of traffic jams and save money on petrol too! Think of other reasons why walking and riding more will benefit your child and your family and talk about these together. This will help your child to feel supported and encouraged.

3. PLAN AHEAD

Planning is essential! Use your problem solving skills to get your child's goals up and running. Perhaps contact the school to see if there is a walking bus. Alternatively, make riding a part of the family routine. Help to prepare your child: check that they have suitable shoes, or a bike helmet. If they want to walk to a friend's house, gauge how far away it is. It may not be as far as you think! Ride or walk with them the first few times until you are confident and comfortable with the trip

4. IT'S SAFER TO BE SAFE

It's natural as a parent or carer to have concerns about letting your child walk to school or ride with their friends, especially if they don't have much experience. You can help prepare them by practicing the new route with them. Why not encourage your child to walk or ride with others. These are great ways to socialise and stay safe!

Useful Links

- www.health.gov.au/internet/main/publishing.nsf/content/health-publth-strateg-phys-act-guidelines
- www.betterhealth.vic.gov.au/bhcv2/bhcarticles.nsf/pages/Sport_and_children
- www.parkweb.vic.gov.au
- www.wa.gov.au/information-about/recreation/parks-reserves