A little encouragement...

We all know how important it is to keep active, especially for children and young people who are still growing and developing. Parents play a vital role in shaping what their children think about physical activity and therefore how much they do. So we have created this little booklet to give you plenty of ideas on how to inspire your kids to get up and go!

**ACTIVITY HELPS KIDS TO**

- Be happy
- Sleep well at night
- Listen and learn at school
- Control their weight
- Grow up healthy and strong
- Meet new friends
- Reduce anxiety and stress
- Manage their behaviour
- Express themselves

Sharing an activity can also help you spend more quality time with your child.

Easier said than done, right? Wrong! Encouraging your children to be active and play games doesn't have to be costly; all you need is a little imagination and lots of enthusiasm!
DID YOU KNOW?

79% of primary school pupils live less than 2 miles (3.2km) from school; a lovely walkable distance! But only 54% of children walk to school.
How much activity?

To improve health, experts recommend that all children and young people do a minimum of one hour of moderate physical activity every day.

Don’t panic! This may sound like a lot but it doesn’t all have to be done at once. It can be spread over the whole day in manageable 10, 15, or 20 minute slots.

Remember! Building young people’s confidence and competence is important. Encouraging them to be active in as many ways as possible can be a great help - the more they do the better they will become.

HOW ABOUT THESE MODERATE INTENSITY ACTIVITIES

- Brisk walking
- Active play
- Most sports
- Swimming
- Games e.g. skipping
- Dance

Although doing sport at school is a great help, time limits mean that not all the physical activity your child needs can take place in school hours. Encouraging kids to keep active at home, especially at weekends, is the best way to ensure they get all the daily activity they need.

Just making a few small changes can make a really big difference. The easiest way to be active every day is to make it part of your daily routine, a bit like brushing your teeth.
**Top Tip**
Any physical activity is better than none and generally the more the better.
Why not use the **Let's Get Active Award** pocket planner to check your child is doing enough.

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**1 Hour a Day**
*for you and your child to fill in!*

How do you do yours?
Fill in the chart to see where you can fit in 60 minutes a day. Don't forget to try and include some activities to help build healthy muscles and bones e.g.

- Gymnastics
- Skipping
- Jumping
- Climbing
- Walking
- Swimming

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**10 Mins**

10 Mins

10 Mins

10 Mins

10 Mins

10 Mins

10 Mins
DID YOU KNOW?

There are over 1 million obese kids in the UK, a number which has doubled since 1982. If this trend were to continue then by 2020 half of all the kids in the UK could be obese!
What activities can you do?

There are lots of things that your child probably already does which count as physical activity without them even realising. The important thing to remember is to encourage them to do a little bit more, more often!

**ACTIVITY IDEAS**
for you and your child to fill in!

Help your children come up with new activities for each of the following circumstances and add them to the list.

**Indoors?**
- ice skating or ............................................................ or ............................................................

**On your own?**
- skipping or ............................................................ or ............................................................

**With friends?**
- rollerblading or ............................................................ or ............................................................

**In your neighbourhood?**
- walking or ............................................................ or ............................................................

**At school?**
- football or ............................................................ or ............................................................

**At the leisure centre?**
- swimming or ............................................................ or ............................................................

**At home?**
- dancing or ............................................................ or ............................................................

**In the park?**
- frisbee or ............................................................ or ............................................................
What can you do to help?

1. Be an active role model and plan to do some activities together. Make time each week to be active and have fun as a family e.g. cycling, go for a walk, play frisbee, have a kick about. Any changes should focus on ‘activity for everyone’ as part of a family lifestyle.

Challenge your kids!

Kids love a challenge and a great way to motivate your child is to set them a task. For best results, set it realistically within their limits and remember to keep it fun.

CHALLENGE IDEAS

- How many times can you throw and catch a ball between you without dropping it?
- How many different ways can you find to travel or move along the floor? e.g. rolling, hopping, twirling
- How many skips can you do in a minute?
- How long can you balance on one leg without letting the other touch the ground?

3. Encourage your child to ‘have a go’ at lots of different activities

Variety is the spice of life, so encourage your kids to find new ways to keep active. There are lots of different ways to exercise, including trampolining, circus skills and Irish dancing.
Help to practise basic skills
These are the essential skills which help to form the basis for future participation in physical activity and sport e.g. throwing, catching, kicking, running and jumping.

Praise and reward effort
Praise your child when they are being active. Be positive about accomplishments, big and small and remember to recognise and reward persistence and 'the taking part'.

Top Tip
Use the LET'S GET ACTIVE AWARD pocket planner with your child to keep a record of all activity and see how they can earn themselves a certificate.

Find active ‘alternatives’ for everyday jobs
Try to swap inactive behaviours for active ones e.g. watching TV without the remote control, walking with your child to school instead of driving them, parking further away at the supermarket rather than the usual spot. Add all these small changes together and you get a really big difference.