



GET KIDS
ON THE
Go!



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.



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

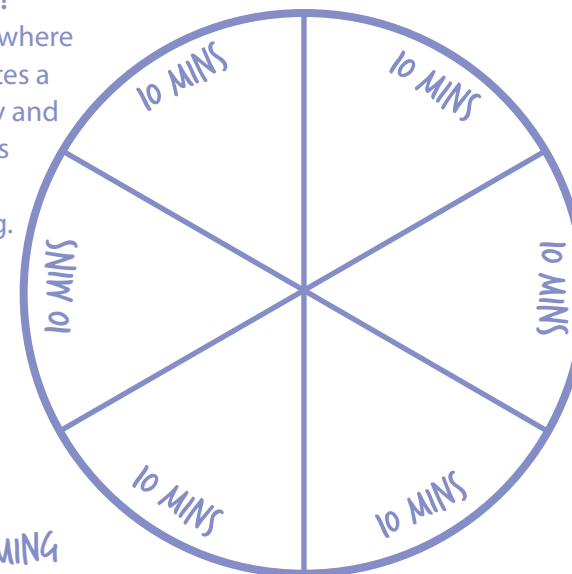
SKIPPING

JUMPING

CLIMBING

WALKING

SWIMMING





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



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 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.

2

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.

4 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'.

5



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.



6 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.

Top tips and tools

Here are some ideas to inspire and encourage your child to be active.

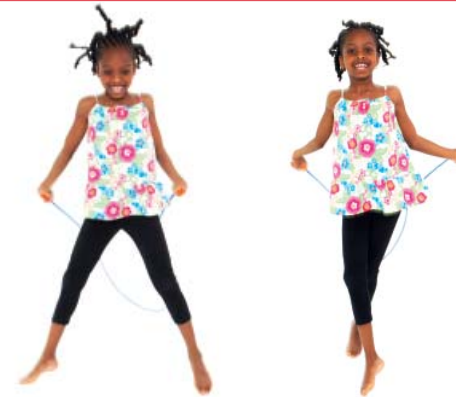
- Ask your child what activities they like doing and why, so that you can think of alternatives when your child says 'I'm bored' e.g. bat and ball.
- Have a look in your local area for fun activities and sports clubs your kids can get involved in outside school. If they try their hand at water polo, climbing or fencing, for example, they may just discover hidden talents.
- Help your child learn how to ride a bike.
- If you can, buy some basic pieces of equipment e.g. balls, skipping rope or hoop to practise key skills and encourage kids to organise their own activities.
- Teach your child some of the more traditional games you used to play when you were a child e.g. skipping rhymes. The old ones are the best.

TRADITIONAL GAME IDEAS

- **Skittles** - using old plastic bottles.
- **Hopscotch** - can be played on your own or in a group.
 - **Tag** - you could join in too!
- **Skipping** - try singles and doubles, with rhymes too!
 - **Hide & Seek** - try playing sardines too!
- **Hula hoop** - challenge your kids to go one more turn each time they try!

- Help children to understand and appreciate the way the body works and how to look after it by being regularly active and eating well.

SKIPPING X-ITS ACTIVITY



1. Jump with feet shoulder-width apart
2. Bring feet together
3. Alternate the foot that crosses in front.

TRY SKIPPING WITH LIVELY MUSIC TO MAKE IT MORE FUN AND TO CREATE A RHYTHM



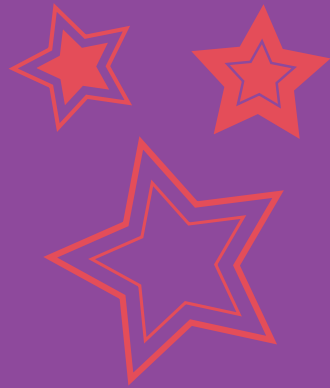
A NEW ACTIVITY ...

...I would like to try is:

for your child to fill in!

ANY
PHYSICAL
ACTIVITY
IS BETTER
THAN NONE.

GENERALLY
THE MORE
THE BETTER!



Everyday activity

There are lots of ways kids can be active in and around the house and many of them are great ways to be active together!

- Put some music on and have a dance around the living room.
- Encourage your child to be as independent as possible around the house e.g. tidy up after themselves and make their own bed.
- Walk with your child to the local shops or post-box.
- Try an exercise video and turn your living room into an aerobics studio!
- Encourage your child to help out around the house with chores that involve being active e.g. mowing the lawn, washing the car, cleaning the windows.
- Make it a family tradition to go for a walk after dinner once a week.
- Set 'rules' to limit the amount of time your child can spend watching television and playing on the computer.
- Spend time playing active games with your child around the house and garden e.g. hide and seek, hopscotch or skipping.

MY FAVOURITE ACTIVITY ...

...to do with my family is:

for your child to fill in!



DID YOU KNOW?

... Nowadays lack of exercise is actually causing more illness in the EU than smoking?
Let's buck the trend and keep ourselves healthy!



Activity in leisure time

Children have lots of 'free time' after school, at weekends and during school holidays. This is the perfect time to get them active.

- Encourage children to play outdoors - invite friends over to play.
- Talk to other parents in the neighbourhood and take it in turns to supervise and arrange games in the local park.
- Make a kite with your child and fly it together.
- Check what after school clubs are on offer at your child's school and get them to try one out.
- Go for a walk or cycle at the weekend or a swim at the local pool.
- If there aren't many facilities for activity in your local area, encourage the local council to do something about it.
- Check if there are any local activity schemes being organised during the school holidays.

MY LOCAL LEISURE CENTRE

Name:

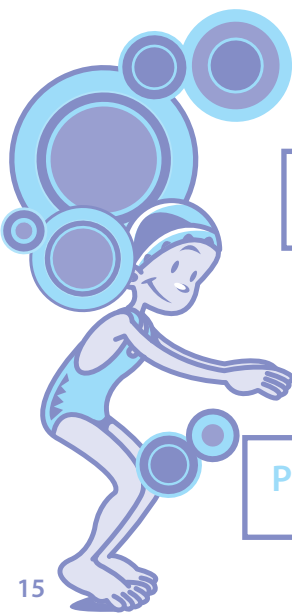
Address:

Phone number:

for your child to fill in!

TOP TIP

Have a look at www.activeplaces.com which allows you to search for sports facilities anywhere in England.



A matter of choice!

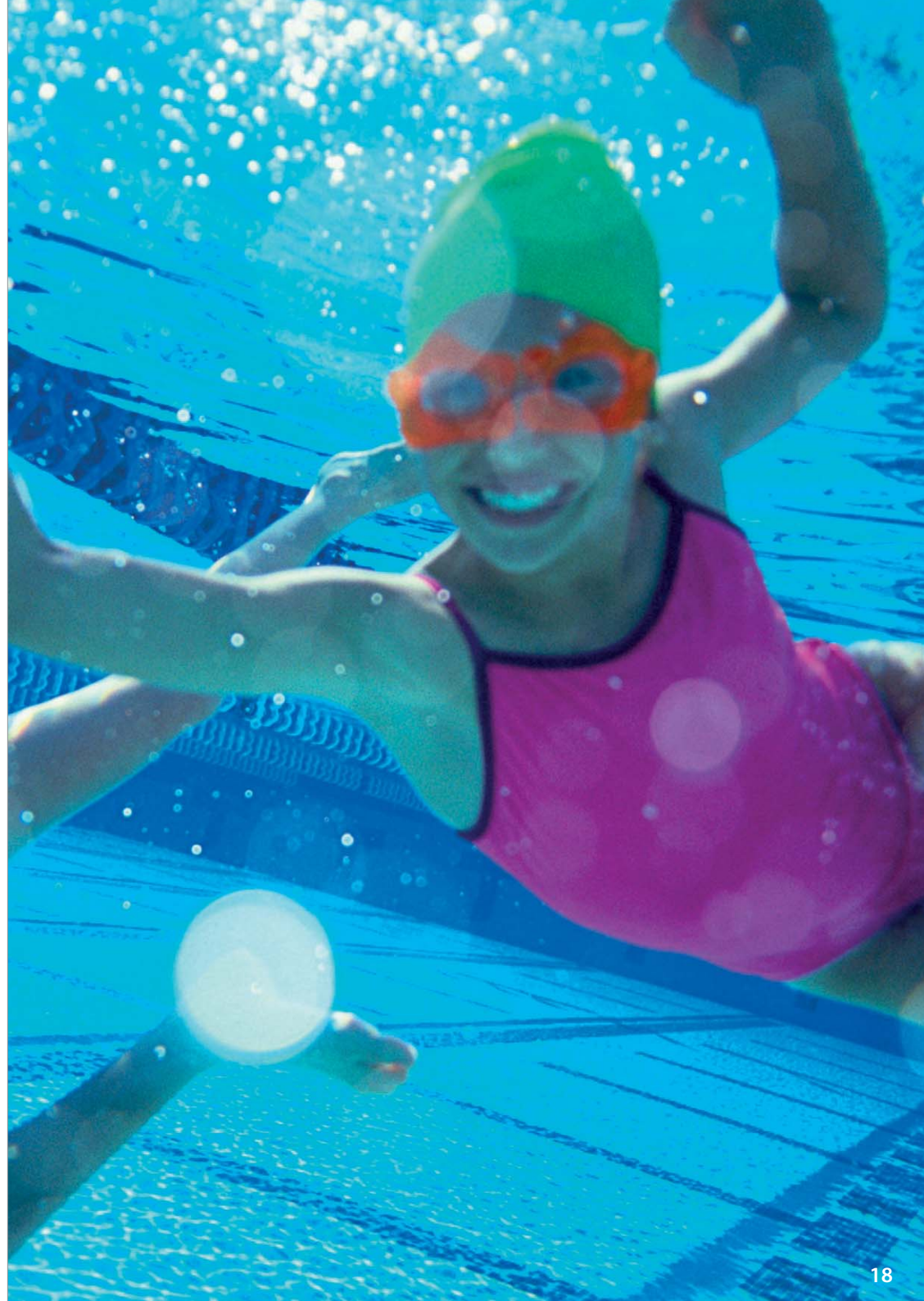
Every child enjoys different activities so here are a few hints on how you can help choose the right activity for your child.

- Children should try a variety of activities as they are more likely to find new ones they enjoy.
- Activity doesn't have to be competitive to be effective, the most important thing is that your child has fun and finds an activity they enjoy doing.
- Don't let your child's activity choices be limited by gender stereotypes.
- Consider what activities are available locally and how convenient these are.
- Check the costs of the activities and if any special equipment or clothing is needed.
- Focus on fun and skill development – important motivating factors.
- If your child loses interest in one activity, encourage them to try something different.
- Team sports aren't for everyone. The good news is that there are lots of activities your child can do without becoming part of a team e.g. cycling, running, swimming.
- Playing sport is not the only way to get active and you don't have to be good at sport to benefit from being active, its 'the taking part that counts'.

MY FAVOURITE ACTIVITIES ARE:

1.
2.
3.

for your child to fill in!



Food and rest

Physical activity and diet are closely linked to one another. The right food will provide children with the fuel they need to lead an active lifestyle.

- Begin with breakfast! Encourage your child to eat a good breakfast before school - there is no better start to the day.
- Vary the veg! Try to ensure your child gets at least 5 portions of different fruit and vegetables every day.
- Smart snacking! If your child gets hungry between meals make sure they have something nutritious that is low in fat and high in energy, e.g. bananas or a honey sandwich, to snack on.
- Fat facts! Think about what your child is eating and always check the label.
- Liquid energy! Check your child is having plenty of fluids (up to 8 glasses). Water is best, and it's free.
- Eating together! Try to have at least one family meal a day.
- Recharge the batteries! Try to make sure your child has 8 to 10 hours sleep every night by setting a specific time for their bedtime.

BREAKFAST BOOSTERS

- Fruit smoothie drink
- Muesli
- Toasted bagel
- Wholemeal toast and jam
- Fruit salad
- Scrambled egg on toast
- Cereal topped with yogurt and tinned fruit
- Porridge drizzled with honey

DID YOU KNOW?

Only 12% of 5-15 year olds are eating the recommended 5 portions of fruit and vegetables a day, meaning they're not getting the essential nutrients they need to stay as healthy as they can.



TOP TIP

For more ideas and help with healthy eating visit the BHF website.

MY FAVOURITE FIVE...

...fruit and vegetables are: 1.

2.

3.

4.

5.

for your child to fill in!

What if your child has a disability?

The benefits of physical activity for children with a disability can be even greater than for other children so it is important that they do not miss out.

It may not be possible for them to do all activities but in many cases all that is needed is a slight adaptation.

Equipment

- Use larger/lighter bats or rackets
- Vary the type of ball (different size, colour, weight and texture).

Playing Area

- Decrease size
- Create a 'level playing field' e.g. in tennis, children with disabilities use single courts and those with more mobility cover doubles court.

Time

- Slow down the pace of the activity
- Lengthen the time allowed to perform tasks or remove time limits and provide frequent rest periods.

Rules

- Modify rules e.g. In netball, extend the three second rule to six seconds
- Reduce or simplify rules and use oral prompts.

Activity leaders and coaches

If your child is taking part in organised activities or sports outside of school, it is important that their leader or coach has a recognised certificate or qualification and has undergone a check by the Criminal Records Bureau (CRB).

A good leader or coach will adjust activities to match different age groups and abilities and will encourage fun and participation as well as the right amount of competition where appropriate. If you have any concerns, discuss with the leader/coach, club or organisation.

For further information contact Sports Coach UK. Telephone 0113 274 4802 or visit www.sportscoachuk.org.

Some more ideas

If you would like more information and ideas on helping your child to be more active, why not visit one of these websites.

LifeBytes www.lifebytes.gov.uk

Yheart www.yheart.net

cbhf www.cbhf.org.uk

ElectriKIDS! www.electrikids.com

Playground Fun www.playgroundfun.org.uk

Walk to School www.walktoschool.org.uk

QUICK QUIZ

for you and your child to fill in!

Are you fit for it or a couch potato? Find out with our quick true or false quiz.

1. Physical activity can be beneficial in small bursts of 10-15 mins.
TRUE / FALSE
2. One of the best activities to stay healthy is walking.
TRUE / FALSE
3. Young people's activity levels increase with age.
TRUE / FALSE
4. Being active when you are young can protect against ill health when you are older.
TRUE / FALSE
5. Children and young people get all of the daily activity they need at school.
TRUE / FALSE

ANSWERS: 1.TRUE 2.TRUE 3.FALSE 4.TRUE 5.FALSE

British Heart Foundation, the nation's charity, wants:

All young people to be fit

All children and adults to be active

And no one to suffer from heart disease.

BEATING
HEART
DISEASE
TOGETHER



British Heart Foundation

Greater London House
180 Hampstead Road
London NW1 7AW
Phone: 020 7554 0000
Fax: 020 7554 0100
Website: bhf.org.uk