

Move more to be healthy and fit

Why is being active important?



Builds confidence & social skills



Improves sleep



Strengthens muscles & bones



Improves health & fitness



Develops co-ordination



Improves concentration & learning

Children need at least...



60 min/day

Huff and puff activities
e.g. running or sport



3 days/week

Strength activities
e.g. jumping or climbing games

Tips for getting active:



Play games or sports



Walk or ride part way to school



Explore parklands and beaches



Build cubbies or forts indoors or out



Hop, jump, run or dance



Online exercise sessions

Active Warrior



Blue column

Place a tick in the blue column for each activity you did today that involved any of these actions:

- > Run
- > Jump
- > Ride
- > Skip
- > Skate
- > Scoot
- > Swing
- > Hula Hoop
- > Dance
- > Push and Pull
- > Hide and go seek
- > Throw and catch



Green column

Place a tick in the green column for each activity you did today with another person or group (friend or family).



Red column

Place a tick in the red column for each activity you did outdoors today.



Yellow column

In three words, describe how you feel after moving your body.

	I was active!	I was active with other people	I was active outside	After moving my body, I feel...
Example	✓ ✓ ✓	✓	✓ ✓	1. <u>Exhilarated</u> 2. <u>Strong</u> 3. <u>Tired</u>
Monday				1. _____ 2. _____ 3. _____
Tuesday				1. _____ 2. _____ 3. _____
Wednesday				1. _____ 2. _____ 3. _____
Thursday				1. _____ 2. _____ 3. _____
Friday				1. _____ 2. _____ 3. _____
Saturday				1. _____ 2. _____ 3. _____
Sunday				1. _____ 2. _____ 3. _____