



# Move more to be fit and feel good

## Why is being active important?



Builds confidence & social skills



Improves sleep



Strengthens muscles & bones



Improves health & fitness

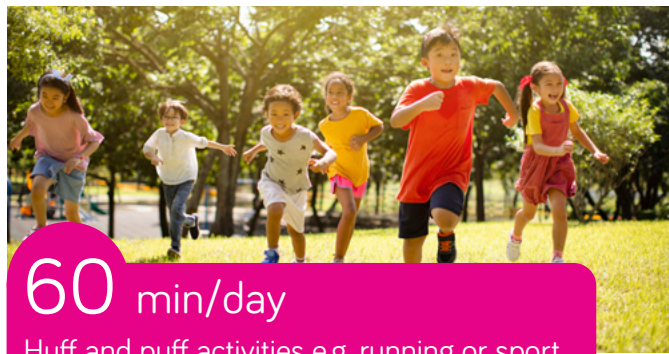


Develops co-ordination



Improves concentration & learning

## Children need at least...



**60** min/day

Huff and puff activities e.g. running or sport  
60 minutes can be split up into shorter times throughout the day, for example, four 15 minute activities



**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





Using the activities below as options, write in the blue column what activities you did each day to be active and move your body :

























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



## Yellow column

Circle the emoji that best represents how you feel after being active today.

-   
Strong
-   
Energised
-   
Puffed
-   
Hot & sweaty

	What activities did you do today?	After moving my body, I feel...
Monday		   
Tuesday		   
Wednesday		   
Thursday		   
Friday		   
Saturday		   
Sunday		