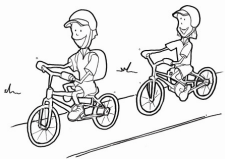




Tally Chart

Handout D1

**How many minutes of physical activity did you get today?
How much time did you spend in from of the TV or computer for fun?
Record it below.**

	Electronic Media for Entertainment*													Physical Activity**																
	Minutes																													
	150+	140	130	120	110	100	90	80	70	60	50	40	30	20	10	10	20	30	40	50	60	70	80	90	100	110	120	130	140	150+
Monday																														
Tuesday																														
Wednesday																														
Thursday																														
Friday																														
Saturday																														
Sunday																														

* Examples include watching television, playing computer games and surfing the internet.

**Examples include walking, bike riding, gardening, dancing, swimming, rollerblading, playing sports and many more.

Physical Activity Recommendations: Adults

- Think of movement as an opportunity, not an inconvenience.
- Be active every day in as many ways as you can.
- Put together **at least 30 minutes** of moderate-intensity physical activity on most, preferably all, days.
- If you can, also enjoy some regular, vigorous activity for extra health and fitness.

Children

- Children need **at least 60 minutes** (and up to several hours) of moderate to vigorous physical activity every day.
- Children should not spend more than two hours (120 minutes) a day using electronic media for entertainment (e.g. computer games, TV, internet), particularly during daylight hours.

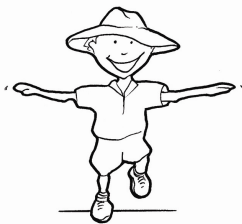
Fundamental Movement Skills

Handout D2

For each of these activities it is important to make safety a priority!

Balance on one foot

- Monument - balance on one leg. Try this with one, then two eyes closed.
- Statues - play music and dance, when music stops freeze on one foot.
- Balance a hacky sack on head or shoulder while holding balance.



Sprint run

- Chasing games. For example, Tag.

Jump for height

- Rope jumping - try variations such as forwards and backwards, double jump, short and long ropes.
- Hoop jump - one person holds a hoop horizontal slightly off the ground. Another person jumps in and out of the hoop taking off and landing on two feet.
- Make your mark - use a piece of chalk to jump from the ground and leave a mark on the wall as high as you can.

Hop, skip and side gallop

- Follow the leader - take turns as leader.
- Hopscotch.
- Obstacle courses - climbing over, under and through items. Hop, skip or leap to the next station.
- Locomotion challenge - for example skip to the back fence, side gallop to the tree, hop to the backdoor.



Dodge

- Run to touch - call out various objects in the yard to run and touch, returning to the start as quickly as possible.
- Zig-zag run - set out objects in a zig-zag pattern. Complete the course by touching each object. What's your best time?

Continuous leap

- Leap the river - use rope, tape or chalk to mark out two parallel lines. Toy animals can be used to represent crocodiles in the river. Leap across the river and if you fall in the river you lose a life. Take turns. After each leap move further away to increase the distance required to leap.
- Tap the top - From a tree hang an object from string. Hoist it up and see how high you can reach with a running leap (2-3 step run up).

Parental Guidance



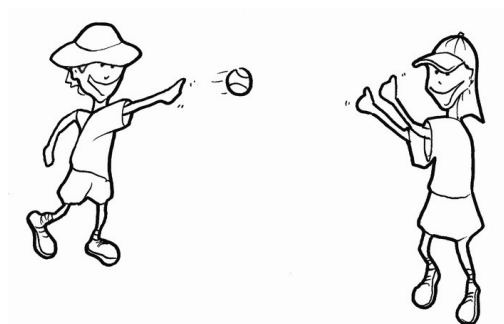
Recommended

Catch

- Catching variations (using different types of balls) - one handed, one bounce, high balls, rolled balls, consecutive catches, bounced off a wall, varying distances.
- Hacky sack drop - stand about one metre in front of the child. Hold a hacky sack in each hand at about your eye level. Drop one, child tries to catch it before it reaches the ground.
- Tricky catches - throw the ball in the air, clap twice and catch it.
- Hot potato - pretend the ball is boiling hot and throw it safely to the next person as quickly as possible.
- Step back - take one step back each time a successful catch is made. How far can you go?
- Shrink and grow- throw a ball in pairs. When the ball is not caught the penalty is to go to one knee, then 2 knees, then sit down. When the ball is successfully caught the player gets back up in reverse order.

Throw (overhand, underhand)

- Targets - empty plastic drink bottles make great targets. Make different targets worth different points.
- Goal shooting - buckets or circles drawn on the ground make great goals. Try throwing different objects, such as balls, hacky sacks, rolled up socks.
- Target golf - make a light ball of taped up, scrunched up newspaper. Create a golf course around the yard with various objects as the holes. See how many throws it takes to finish each hole, and the course.



Kick

- Balloon kicks - in pairs keep the balloon in the air using only your feet.
- Rebound kick - take turns kicking a ball against a wall.
- Kick golf - nominate a series of objects around the yard. How many kicks to make the ball strike each object in the correct sequence?

Two handed strike

- Airborne - use a rolled up newspaper to keep a balloon in the air.
- Sock hockey - use newspaper bats and a rolled up pair of socks for a ball. Mark out small field and goals with cushions and shoes.
- Stocking ball - put a tennis ball in the end of an old stocking and tie the other end to the clothesline. How many successive strikes can you get?

Use various combinations of these activities, plus others that you can think of, to practice and learn fundamental movement skills.

These are just a few examples. Use your imagination to think of new activities and modify these ones to make them appropriate for different age groups.

Adapted with permission from Northern Sydney Central Coast Health Promotion
www.healthpromotion.com.au/LOTB_FMS.htm

Indoor Activity Ideas

Handout D3

For each of these activities it is important to make safety a priority!

Pass the parcel

Wrap a prize in layers of newspaper. Write on small pieces of paper active tasks. Place each task between the layers of newspaper. Play music while children pass the parcel around the circle. When the music stops the child with the parcel in hand unwraps a layer of newspaper and performs the task. Examples of active tasks: 10 star jumps, 10 step-ups (onto a low chair), use a skipping rope for 30 seconds, walk/run around the circle or dance. The child who unwraps the final layer of newspaper wins the prize. Why not make the prize sporting equipment such as a ball or skipping rope?



Follow the leader

Have children take it in turns to act as the leader. Encourage the leader to do various activities, such as skipping, galloping, leaping, walking, running, jumping, star jumps or clapping and the other children copy the leader.

Obstacle courses

Set up an indoor obstacle course. Have children move through the stages of the obstacle course. Activities could include crawling under or climbing over tables, skipping around the table, jumping to try reach an item that has been suspended from the roof (such as a balloon), jumping over shoes or leaping over a river made by two line of parallel masking tape. Let children help set-up the course.



Hide and seek

One child hides somewhere in the house and the rest of the children race around to find him/her. The child who finds the hidden person then chooses a hiding place. This can also be done with prizes. Someone hides the prize and the child that finds it keeps it.

Simon Says

Someone calls out instructions that the children must follow, but only if the instructions start with "Simon says". Make instructions active. For example:

"Simon says"... jump up and touch the ceiling, hop around the room, dance, walk backwards, (pretend to) shoot a basketball hoop and so on. If a sentence doesn't begin with "Simon says" and the children perform the activity they sit out for one round.

Parental Guidance



Recommended

Doorway football

Move any breakables out the way! Using a soft ball, use the doorway as the goals. Move further back each time it goes through to increase the kicking distance.



Dance off

Play music and ask children to choreograph a dance routine. This can be done individually or in groups. Plan a concert for children to perform their dance routine.

Indoor Olympics

Any olympic sport you can do indoors is appropriate for this activity. For example:

- Shot put - use ping pong balls. See how far the children can throw it, give them a few chances.
- Long jump - Mark where the children start their jump with masking tape and make sure they land standing. Mark where the children finish their jump with masking tape. Give them a few chances to try and increase their jumping distance.

Skipping ropes

Find an open space. Encourage children to skip for as long as they can without stopping. Play music while skipping.

Play circuits

Move the furniture to the side and set up play stations in each corner of the room. Allow children at least a minute at each station. Play music to make it fun. Examples of stations include: skipping ropes, twirling a hula hoops around the waist, mini trampoline or jumping on the spot, jumping to reach a balloon suspended from the ceiling, throwing a ball against the wall.



Musical statues

Children find a space on their own in the room. Play music and the children dance to the music. When the music stops they freeze as a statue.

Grip Ball

Practice throwing and catching using a grip ball. For a more advanced activity children could try to juggle with 2 or more grip balls.

These are just a few examples. Any game or activity that requires children to be active is great. It is even better if they use their imaginations to help create the activity. Modify activities to make them appropriate for different age groups.

Acknowledgement

Some of these activities have been sourced and adapted from *Eat Smart, Play Smart - A Manual for Out of School Hours Care*. This Heart Foundation resource promotes healthy eating and active play for children attending Out of School Hours Care (OSHC) programs. Visit www.heartfoundation.org.au to purchase a copy of the manual or for further information about the program. The website also contains nutrition and active play information sheets and cooking activities for children.

Visit: www.pgrprogram.com.au or join PGR parents forum on

facebook

Parental Guidance



Recommended

Physical Activity Programs for Children in WA

Handout D4

- **Jump Rope for Heart**

This program is run by the National Heart Foundation and has been running since 1983. It aims to increase the physical activity levels of children and helps to raise money for the Heart Foundation. Schools can register to be involved by following the links on the Heart Foundation's website: www.heartfoundation.org.au

- **Walking School Bus**

This program involves primary school children walking to and from school in the same manner as if they were catching a bus by picking up and dropping off children at designated 'bus stops'. This program is run by TravelSmart Australia and involves a minimum of two parents to participate. One parent 'drives' the bus at the front and the other parent supervises the back. It is a free service and any child at the school can be involved. It does not require registration with TravelSmart, however a coordinator from TravelSmart can advise on existing 'buses' or on the best possible routes. For more information about local walking school buses visit: www.dpi.wa.gov.au/travelsmart/14915.asp

- **TravelSmart to School**

This program is run by TravelSmart and Millennium Kids. It aims to promote walking, cycling, public transport and carpooling to and from school. It helps children to travel more independently, increase their physical activity levels and improve air quality. Millennium Kids works with a group of students to develop their leadership skills and provide support so they can develop and implement the TravelSmart program in their school. Teachers are provided with a TravelSmart to School Kit. For more information visit: www.dpi.wa.gov.au/travelsmart/13939.asp

- **Active Kids Holiday Calendar**

In association with Be Active WA and the Department of Sport and Recreation this calendar has been put together to help parents and their children find activities to keep them active and entertained during the school holidays. For more information visit: holidaycalendar.dsr.wa.gov.au/about.php

- **Unplug + Play Parent Campaign**

This campaign targets parents to encourage their children to be more physically active and spend less time using TV, electronic games and the internet for entertainment. A brochure can be downloaded from the Heart Foundation website and provides examples of indoor and outdoor activities for children and tips to encourage kids to be more physically active. For more information visit: www.heartfoundation.org.au/Healthy_Living/Kids/Parents'_Resources/Unplug_and_Play.htm

Parental Guidance



Recommended

- **Eat Smart, Play Smart - A Manual for Out of School Hours Care (OSHC)**

This is a national comprehensive resource for OSHC staff that aims to promote healthy eating and active play for children attending OSHC programs. The manual is filled with fun, healthy ideas that can easily be incorporated into any OSHC program to encourage children to enjoy food preparation, healthy eating and physical activity on a daily basis.

The manual:

- provides over 100 recipes for breakfast and afternoon tea, as well as kids' cooking activities
- helps meet OSHC Quality Assurance Indicators (*Quality Area 5: Play and Development* and *Quality Area 6: Health, Nutrition and Well Being*)
- outlines current Dietary Guidelines for Children and Adolescents (2003) and Australia's Physical Activity Recommendations for Children and Youth (2004)
- provides ideas for games and activities suitable for indoors, outdoors and programs with limited facilities
- contains parent/guardian information sheets.

The national edition of the ***Eat Smart, Play Smart*** manual is available for purchase. For a copy of the manual call 1300 36 27 87 or visit www.heartfoundation.org.au.

School Events

- Walk Week, Walk there today: www.dpi.wa.gov.au/walking/1546.asp
- Cycle to school day: www.dpi.wa.gov.au/cycling/14754.asp
- Make tracks2school: www.heartfoundation.org.au/wa
- Walk Safely to School Day: www.walk.com.au/WSTSD01/page.asp?PageID=260

Other useful websites to visit:

- Be Active WA, Family Activity Planner: www.beactive.wa.gov.au/whatson_beactiveday_family.asp
- The Department of Education and Training's School Swimming Program: www.det.wa.edu.au/education/swimming/interm/index.htm
- Department of sport and recreation: www.dsr.wa.gov.au
- Western Australian Sports Federation: www.wasportsfed.asn.au
- Find Thirty® every day: www.findthirtyeveryday.com.au/

Visit: www.pgrprogram.com.au or join PGR parents forum on

facebook

Parental Guidance

Recommended

Action Plans

Handout D5

Parental Guidance



Recommended

Action Plan

I/we intend to:

1. _____
2. _____
3. _____

Action is the proper fruit of knowledge
Proverb

Parental Guidance



Recommended

Action Plan

I/we intend to:

1. _____
2. _____
3. _____

Action is the proper fruit of knowledge
Proverb

Parental Guidance



Recommended

Action Plan

I/we intend to:

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Action is the proper fruit of knowledge
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Parental Guidance



Recommended

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Recommended