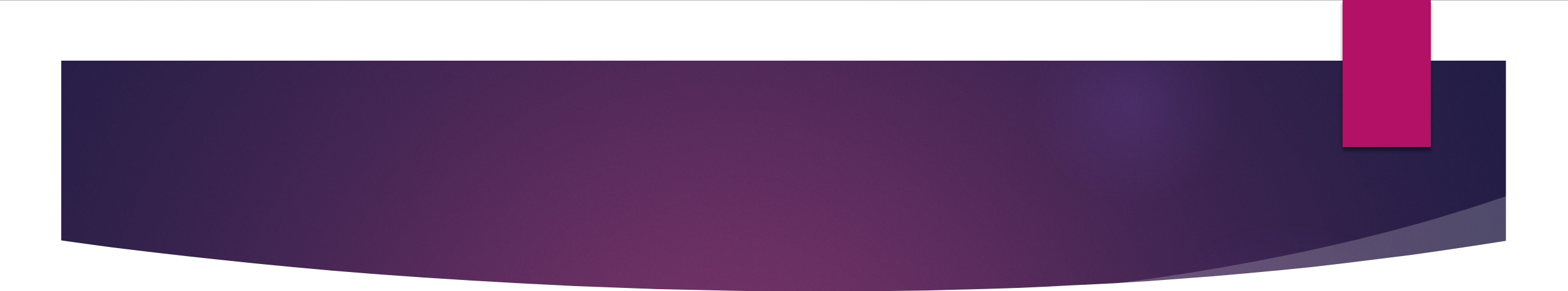
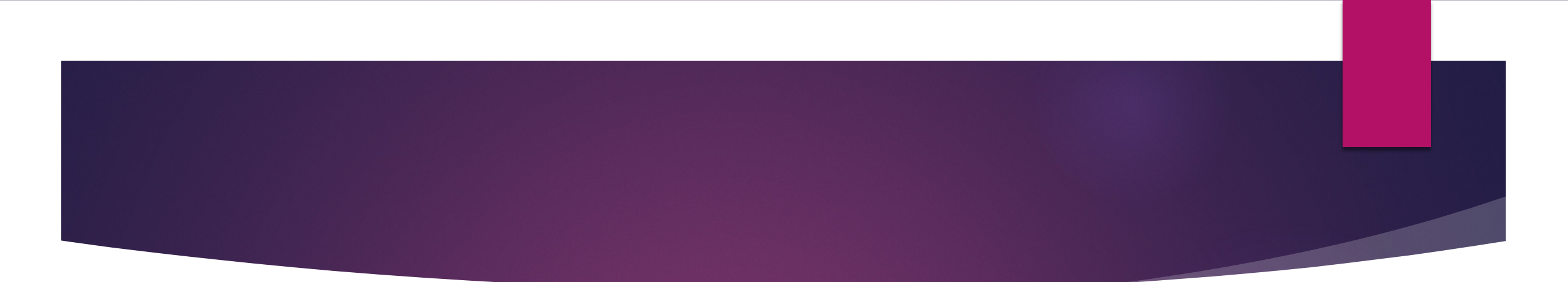
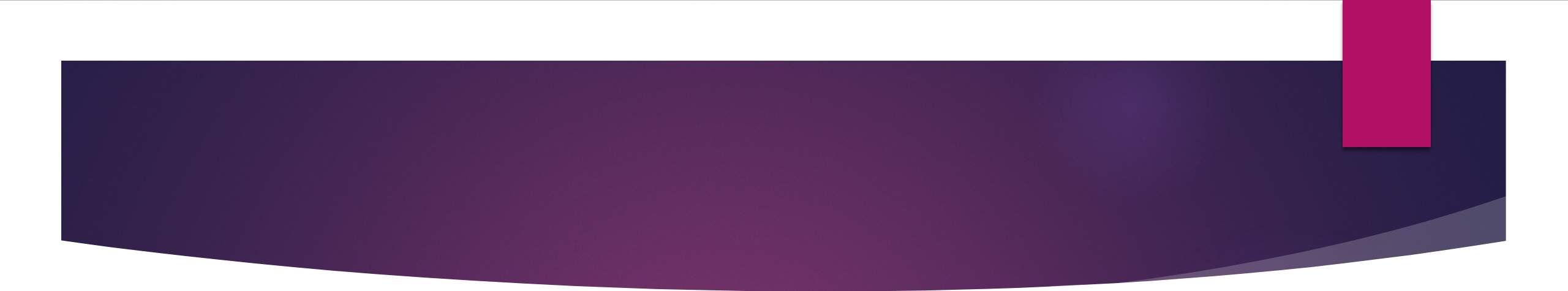




# HOW THE PHYSICAL ACTIVITIES CAN BE ADOPTED AND ADAPTED IN THE SCHOOLS

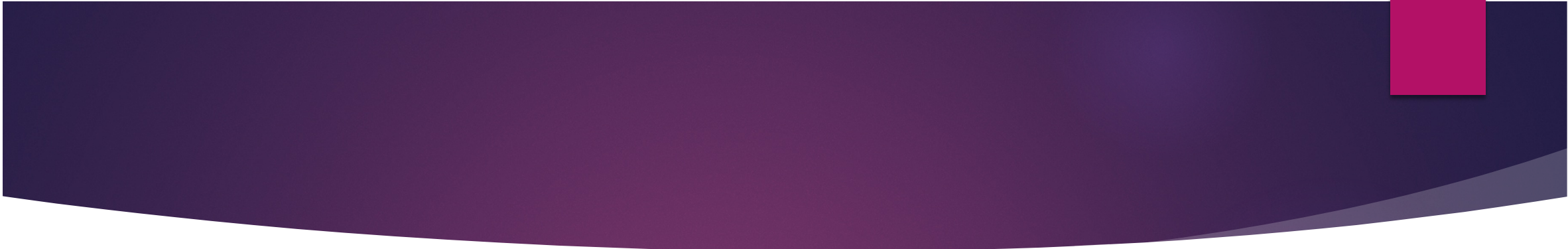
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- ▶ Physical activity is great fun, an important part of play and learning, and **essential for healthy growth and development.**

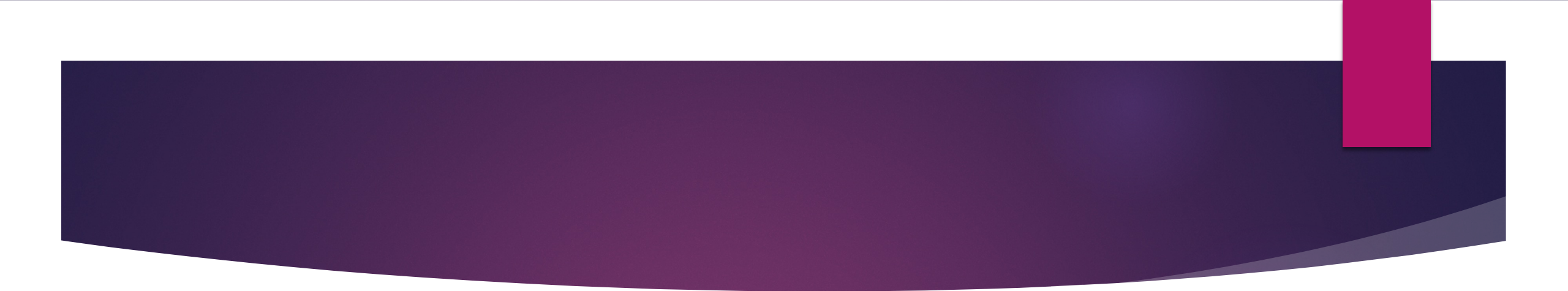
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- ▶ **Children aged 1-5 years** should be physically active for at least three hours each day, with activity spread across the day. This includes energetic play like running, jumping or twirling. If your child is over three years, energetic play should add up to at least one hour a day.

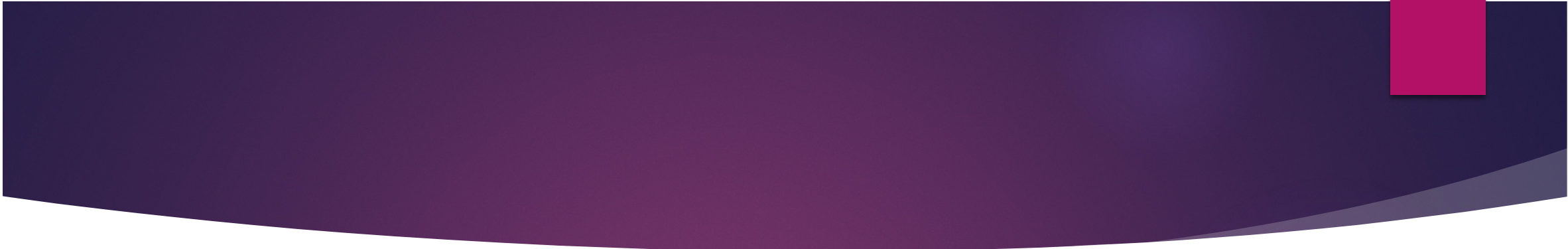
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- ▶ **Children aged 5-18 years** should do at least one hour of moderate to vigorous physical activity each day. And at least three days a week, this should include activities that strengthen muscles and bones.

# Why physical activity is good for children

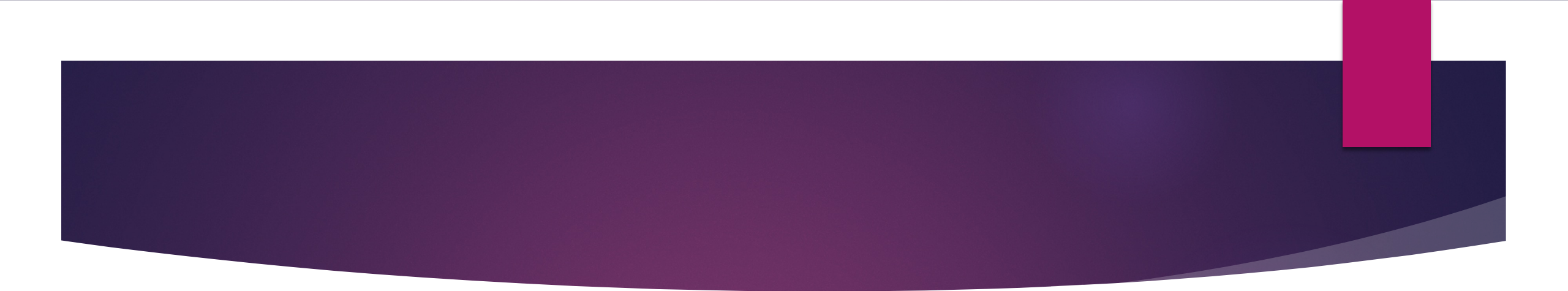
- ▶ **Benefits** of physical activity include:
- ▶ strong bones and muscles
- ▶ healthy heart, lungs and arteries
- ▶ improved coordination, balance, posture and flexibility
- ▶ reduced risk of becoming overweight or obese
- ▶ reduced risk of heart disease, cancer and type-2 diabetes later in life.

- 
- ▶ **Moderate physical activity** gets your child gently huffing and puffing. Moderate activities are about as intense as a quick walk

- 
- ▶ **Vigorous physical activity** gets your child huffing and puffing a lot, and sweating. This could be running games or riding a bike fast.

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- ▶ **Activities that strengthen muscles and bones** make muscles work more than normal and put extra force on bones – for example, jumping, running, climbing and lifting. Moderate and vigorous physical activities often help to build muscles and bones.



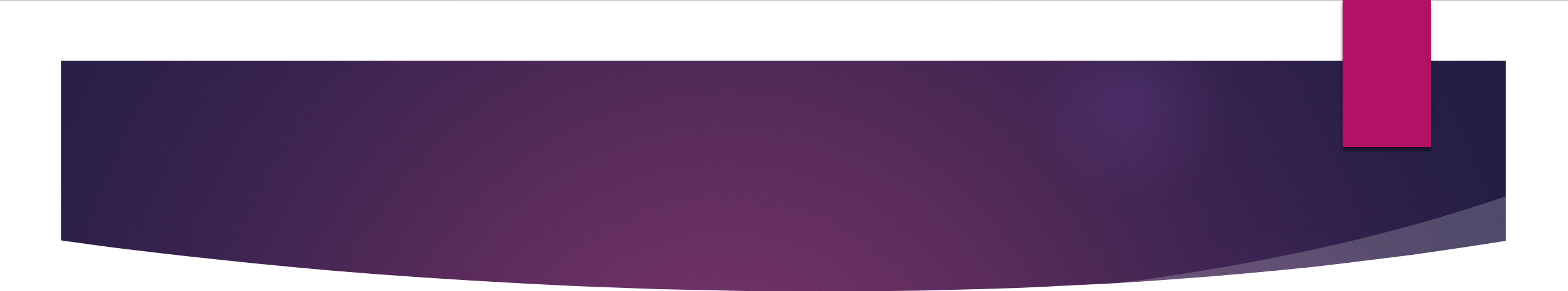
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- ▶ Physical activity doesn't have to be done all at once, or even in big blocks. Your child can do it in small blocks of time throughout the day.

# Active children are more likely to:

- ▶ be confident and feel like they belong
- ▶ be relaxed and sleep well
- ▶ concentrate better at school
- ▶ get along with others and make friends easily
- ▶ share, take turns and cooperate.

# Simple physical activities can include:

- ▶ going for walks and walking or riding to child care, school or a friend's house
- ▶ spending time in places like playgrounds
- ▶ playing near your home or at the homes of friends or family, or in parklands or shallow water at the beach or a river
- ▶ playing one-on-one soccer, basketball, football, or netball in the backyard or park
- ▶ dancing and skipping around your home
- ▶ jumping in puddles, flying kites and other winter activities when it's cold or wet outside.

- 
- ▶ **The more physical activity your child does and the less time your child spends sitting, the more health benefits your child gets.**

# Method 1

## Creating Fun and Inclusive Physical Education

- ▶ Incorporate individual activities into the curriculum.
- ▶ Allow children to participate in team sports
  - ▶ Set up stations for small groups.
  - ▶ Plan inclusive activities for all students

# Method 2

## Encouraging Activity Outside of PE Class

- ▶ **Ask parents to keep physical education in mind at home**
- ▶ **Enroll your student in after-school activities that interest them.**
- ▶ **Provide safe and accessible spaces for after-school activities.**
- ▶ **Encourage recess breaks in your school.**
- ▶ **Train teachers to incorporate PE into other subjects.**

# Method 3

## Contributing to Physical Education Programs

- ▶ Join the school board in your area.
  - ▶ Attend school board meetings.
- ▶ Partner with local schools to keep students active throughout the year.