

Increasing your child's physical activity levels will:



Improve behaviour, self-confidence and social skills



Improve attention levels and performance at school

Did you know children should be active for 60 minutes a day?
30 minutes in school, 30 minutes at home



Improve mood and makes them feel good



Develop co-ordination

Help your family to get active & do things together:

Introduce your child to a variety of clubs and sports or try new activities

Reduce the amount of time they spend on sedentary activities like watching television (no longer than 60 minutes)

Make physical activity part of your family's daily routine such as designating time for family walks or playing active games

Provide children with active toys & equipment & play with them.

Keep activity fun. Let them have a choice & a decision in what they do

Encourage ball games to develop hand/eye coordination or running, balancing & jumping activities to develop motor skills.

Set your children activity challenges around the home. Make chores fun. Race to see how fast they can safely be done

Make over your meal plan. Families that eat healthier also tend to take more exercise

Make simple lifestyle changes. (Walk, cycle scoot to school. Park further away from school and walk. Use the stairs not a lift.)

#Active30

Some exercise is better than none. Move a little every day.

All activities should make you breathe faster and make you feel warmer!



Somerset School Games



@somschoolgames



Strengthens muscles and bones



Improve health & fitness



Maintain healthy weight



Helps them sleep better