



# Active Kids – At School

## Week 5: Active Families

### Benefits of being active as a family

While each family member may need different amounts of physical activity based on the [Australian Physical Activity Guidelines](#), the whole family no matter their age will benefit from being physically active and limiting sedentary behaviour as highlighted by the [Australian Department of Health](#).

Regular family physical activity can:

- Provide important bonding time with family and enjoy some fun together
- Learn and develop different skills
- Discover new parks and reserves in the local area to get active outside
- Improve confidence
- Reduce the risk of developing and help manage type 2 diabetes and cardiovascular diseases

Every family is unique and has different weekly schedules, enjoy different activities and have access to different equipment and services. It is important to note though that the more physical activity the better and doing any physical activity is better than doing none, so find what works for your family.

Some great ways to help your family get more active include:

- **Limiting Screen Time** – keep TV watching, playing video games or time on the phone to a maximum of 2 hours per day. Try to break up any long periods on the couch or sitting down in a chair with a walk, stretch or quick exercise to get the body moving.
- **Plan Family Activity Time** – Set some time each day or at specific times through the week where the whole family can get active. This might be as simple going for a walk, kick of the soccer ball at the park or it may be a chance to visit a new sports ground or park on the weekend. Finding as little as 10-30 minutes can benefit everyone!

# Week 5: Active Families

Class Activity: What does your family enjoy?

Part #1 – Take the opportunity this week to list down all the activities that your family likes to do. Write down each family member and 1-2 of their favourite activities – if you don't know have a guess and make sure to ask them when you get home!

Part #2 – Now write out three different activities you would like to do with your family in the next week. Write these out in the below table (or similar). They could be as simple as going for a walk or ride in your neighbourhood, or something like trying out a new sport. Maybe think about a new activity you would like to try!

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>