



Active Kids – At Home

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!

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Class Activity: Sleep challenge

Importance of Sleep

As much as physical activity is important for our bodies so is getting a good night's rest. As highlighted by the [24 Hours Movement Guideline](#), **sleep** is essential for our body's optimal health. Children (5–13 years) should have 9 to 11 hours of uninterrupted sleep per night and young people (14–17 years) should have 8 to 10 hours uninterrupted sleep per night. Those 18 years + should be aiming for at least 7 hours each night.

- Sleep is like a sewage system for your brain – it cleans all the toxins and debris out each day.
- Different cognitive systems in your brain also work during sleep – it's like saving files to a hard drive, you must sleep to get the save button.
- The emotional circuits of the brain are changed and modified by sleep, in a positive way.
- Lack of sleep can have a negative impact on your emotional health.
- Adequate sleep can also help your immune system.

To establish and maintain healthy sleep patterns, children should have a consistent bedtime routine and avoid screen time before sleep.

Weekly Challenge

1. Carve out an 9 to 11-hour window to sleep every night. Write down the time you woke up today and minus 9 hours to see what time your bedtime should be. If you are getting less than 9-hours, we have tactics to help you get more sleep. If you are sleeping more than 9 hours, well done!
2. This week challenge yourself to head to bed at a specific time and wake up at a specific time. This week define a sleep range time of 9 hours (or more) and each day this week maintain this specific time for each day (Monday to Friday). Then on Friday let's write a reflection on how you feel after getting 9 hours of sleep and compare it to your previous weeks sleep.
3. Challenge your family members to also get at least 7-9 hours of sleep and work together to maintain it and reach your combined goal of 5 days of 9 hours of sleep.

Tactics to help you sleep

Wake Up

- Regularity is key, maintain your bedtime and wake up time. Set an alarm for both.
- Sleeping in (past your regular wake up time) creates a "jetlag" effect. In turn when your wake-up alarm goes off you must get up out of bed. To wake yourself up you may;
 - Get physically active: 15 push up, 10 burpee, 10 Bodyweight Squats
 - Get out into the sun, the blue light from the sun and sky will signal your brain to wake up
 - Have a cold shower to shock you awake

Fall Asleep

- Keep the temperature in your room cool – 20 degrees Celsius, your body needs to drop its core temperature 2-3 degrees Fahrenheit to fall asleep.
 - You can hack this by taking a hot bath or shower before bed
- Avoid blue light and embrace the darkness! Darkness is key to producing melatonin (sleep hormone). Devices that emit blue light (TV, mobile phones, tablets etc), trick the brain into thinking it's daytime and shut off melatonin production.
 - Reading on a tablet 1 hour before bed shifts your melatonin production 3 hours later!

Can't Sleep

- If you can't fall asleep, do not stay in bed longer than 20 minutes. Your brain is a very associative machine - being awake in bed trains the brain that it's OK to be awake in bed. Get up, go to a different room, read a book in dim light, no screens, no eating. And only when you feel sleepy return to bed, and you will re-learn the key association between making the bed about sleep.

If you can't fall asleep, practising meditation is a great way to get yourself to fall back asleep.

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Home Activity: DIY PVC pipe gymnastic parallettes

This is a miniature version of the parallel bars which gymnasts use. With these you can practice bodyweight exercises at home with the family.

Construction

The hardware store will sell 3m or 1.5m long PVC pipes. A parent can cut the pieces, also try asking if the hardware store can cut the following pieces.

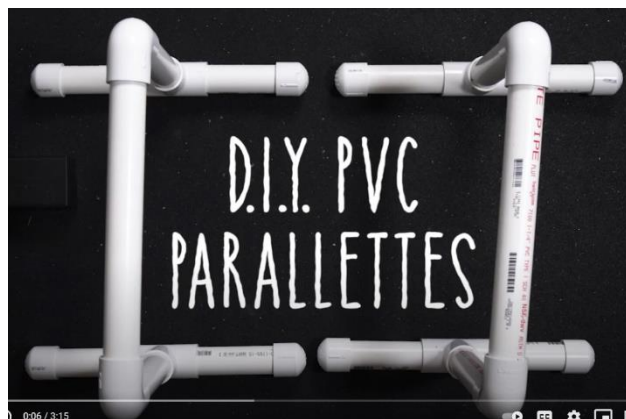
Piece	Length	Number
40mm	3m (3000mm)	1
OR		
40mm	1.5m (1500mm)	2
40mm PVC Pipe (3m x 1 or 1.5m x 2) cut into the following pieces:		
	350mm	2
	250mm	4
	150mm	8
40mm PVC joint pieces:		
Tee Socket 40mm	90- or 88-Degree bend	4
Elbow Socket 40mm	90-degree bend	4
End Caps 40mm		8

All the pieces added up equal 2900 in length, a 3m PVC pipe cut up will have a 100mm long spare piece. If you use 2x 1.5m (1500mm) PVC pipe;

40mm x 1.5m PVC Pipe	350mm x 2, 250mm x 3 = 1450mm
40mm x 1.5m PVC Pipe	250mm x 1, 150mm x 8 = 1450mm
	50mm x 2 spare pieces (not used)

Tips

- If you could only get 88- degree Tee sockets, that's all good, when assembling the bars arrange the Tee sockets to make the handlebars lean inwards.
- After cutting use sandpaper to smooth the edges of cut PVC pieces.
- Try to push and twist the pipe and joints together as tight as possible, to make it more secure you can use a mallet
- Gluing the pipe and joints together is optional
- *Will this hold my weight?* The original material this is referenced to used 1 1/4" (32mm) PVC Pipe to hold an adults' weight, so the 40mm PVC should be more structurally sound.
- Total price is around \$60, but could be cheaper if you shop around or have a trade discount.



Exercises with Sets and Reps

Exercises		
Beginner	Intermediate	Advanced
Push-up (knees on ground) 3 sets, 5-10 reps	Push-up (legs straight) 3 sets, 10 reps	Push-up (feet raised) 3 sets, 10 reps
Dips (knees bent) 3 sets, 5-10 reps	Dips (legs straight) 3 sets, 10 reps	Dips (feet raised) 3 sets, 10 reps
High plank 3 sets, 30 secs – 1 min	Band Assisted plank (legs raised) 3 sets, 30-45 secs	Planche 3 sets, 10 secs
L-sit (knees bent) 3 sets, 10-30 secs	L-sit (Legs straight) band assisted 3 sets, 30-45 secs	L-sit 3 sets, 30-45 secs