



# Active Kids – At Home

## Week 7: Staying Active

In previous weeks the Active Kids program has highlighted the importance for children to get active and achieve 60 minutes of physical activity every day, as set out by *the Australian Physical Activity Guidelines*.

This week is all about consolidating this information and identifying more opportunities to embed a healthy and active lifestyle longer term. Begin to think discover opportunities throughout the day to be physical active.

- **Think of physical activity as bite-sized chunks** – break up longer periods of sitting down with short bursts of exercise – e.g. 30 seconds of star jumps, squats, burpees, push ups, plank hold or flutter kicks – maybe even create a little circuit if time permits!
- **Create some fun regular physical activity opportunities** – e.g. before lunchtime/recess, before/after school or on the weekends. Write out a different 1-2 minute exercise they can complete multiple times every day – try and increase the time or amount of times they complete this activity each week.
- **Reward children with physical activity** (time at the park, games in the backyard) rather than time spent watching TV or playing Video Games – if they simply want to enjoy this screen time can they mix up some physical activity in there as well – e.g. every 30 minutes they need to stretch the legs and go for a short walk around the house.
- **Reduce screen time** – aim to shut down screens 30 minutes + before bed, while children should limit screen time to 2 hours per day.

Humans are very habitual people, and we enjoy doing our favourite activities repeatedly. While trying new activities is important for variety, children are no different from adults, they like some activities more than others and continually seek these opportunities out.

- **Plan some time each week for children to participate in their favourite sport/activities** – this might already be achieved through weekly training and competition at a local club.
  - o If the child doesn't play at a local club, can they organise some time to visit the local park on the weekend – maybe they can join in with some of their friends.
- **Use YouTube and Google to identify some new skills they can learn** either outdoors or suitable for home – get families and friends having a go as well.

- **Discover a new park or reserve in Wyndham –**  
<https://www.wyndham.vic.gov.au/services/sports-parks-recreation/sporting-grounds-local-parks/find-your-local-park-or-sporting>
- Contact Wyndham Council to discover any new opportunities to access their favourite sport/activity – [facilitiesandrecreation@wyndham.vic.gov.au](mailto:facilitiesandrecreation@wyndham.vic.gov.au)

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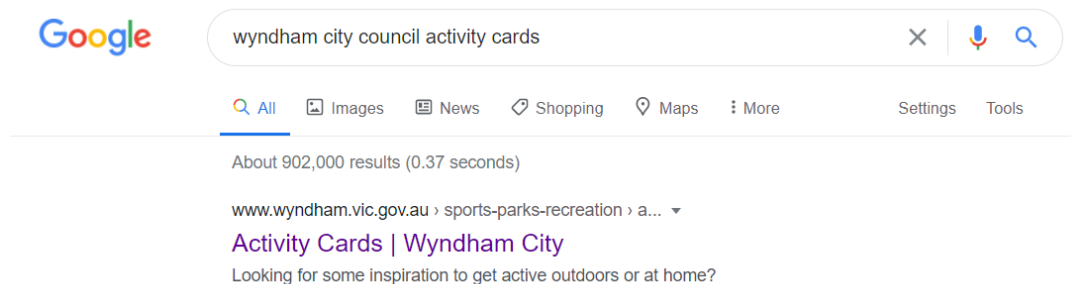
### Home Activity

Today have a look at the new Activity Cards on the Wyndham City Council website.

<https://www.wyndham.vic.gov.au/services/sports-parks-recreation/find-local-sports-club-or-activity/activity-cards>

You can also find these by:

1. Google “Wyndham city council activity cards”
2. Select the top result



### Kids

Pick out one and do it today at home or at recess.

- [Home Obstacle Course \(Ages 3-6 years\)](#)
- [Playground Family Workout \(Ages 4-12 years\)](#)
- [Recess Buddy Workout \(Ages 6-12 years\)](#)

### Adults & Youth

Show your parents or older siblings to encourage them to be active.

- [3 Quick Exercises for After Work](#)
- [Bodyweight Beginners Workout](#)
- [Outdoor Full Body Circuit](#)

### Older Adults & Seniors

Show your grandparents and older adults these to encourage physical activity.

- [Chair Workout](#)
- [Bodyweight Workout at Home](#)
- [Home Objects Workout](#)
- [Outdoor Workout in the Park](#)