

# Active Kids

## Week 1: what is physical fitness?

Physical fitness is the state of how physically healthy you are in relation to exercise and lifestyle choices.

The Australian government, department of health has made recommendation for children and young people (5-17 years) about physical activity, sedentary behaviour and sleep.

### Physical Activity

- ... 60 minutes or more of moderate to vigorous physical activity per day involving mainly aerobic activities. Things like:  
**Vigorous:** basketball, soccer, netball, lap-swimming, skipping, running around the park with a friend.  
**Moderate:** bike riding, scootering or skateboarding.
- Several hours of a variety of light physical activities; things like walking the dog or walking to school. And at school, playing handball.
- Activities that are vigorous, as well as those that strengthen muscle and bone should be done at least 3 days a week.

### Sedentary Behaviour

- Break up long periods of sitting as often as possible.
- Limit sedentary recreational screen time to no more than 2 hours per day.
- When using screen-based electronic media, positive social interactions and experiences are encouraged.
- A great way of breaking up long periods of sitting in a chair, is sitting on the floor and using the floor to get more flexible whilst learning and working.

### Sleep

- An uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years.
- A sleep challenge is outlined in “Week 5: Active Families – Home Activity: Sleep Challenge”.

# Home Activity #1: Amp you 'walking'

## Interval Walking & Running (10-15 minutes)

This week we are going to show the difference between vigorous and moderate activity during a walk with our family.

One day after school or in the evening go out for a walk with the family, between 10-15 minutes. On your walk get one of your family members to keep time, every 2 minutes you are going run a bit faster for 15 seconds, after the 15 seconds is up you can go back to walking. Remember to be safe when walking/running on the footpath – this activity is great to do around the local park on the grass.

# Home Activity #2: Floor resting positions

## Floor resting positions (15 minutes)

This week while you're sitting on the floor listening watching TV/iPad, doing homework or eating lunch, try these resting positions shown below.





These positions will stretch different parts of your legs and body. The resting positions will also be a nice break from sitting in a chair for a long time.

#### *Challenge*

- Run through all the positions shown above
- Tonight, at home, instead of sitting on the couch try these resting positions