

Active Kids – At School

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”.

Class Activity: Measure and Plan Activity

Today let's take the time to measure the physical activity you've done in the past week.

Time to get our thinking caps on – Try and remember about the last week, what activities such as sport, dance, games or fitness you have played? Write down the activities you played each day and how long you played these for. If you didn't play any activity on a particular day, just leave this blank.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activities							

Now let's plan out some activities we can play in the next week. Think about physical activities you would like to play at school, with friends or family.

Write down an activity for each day and how long you would like to complete that activity. Pick at least **3** vigorous physical activities like; basketball, soccer, football, netball, swimming, skipping, running around the park. Then add moderate physical activity; bike riding, scootering or skateboarding and light physical activity; things like walking the dog or walking to school.

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activities							
Time (Minutes)							