



Active Kids – At School

Week 3: Move and play everyday

Getting 60 minutes of physical activity every day

Physical activity everyday gives children a boost to their health, a chance to be social, make new friends as well as developing their strength, coordination and skills. It is one of the best things children can do to support their health and develop positive habits as they grow.

All children can get active no matter their cultural background, gender or ability. The Australian Physical Activity Guidelines encourages all children to 'move more, sit less, every day!' Check out the guidelines here –

[https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF001E720D/\\$File/brochure%20PA%20Guidelines_A5_5-12yrs.pdf](https://www1.health.gov.au/internet/main/publishing.nsf/content/F01F92328EDADA5BCA257BF001E720D/$File/brochure%20PA%20Guidelines_A5_5-12yrs.pdf)

Children should be aiming to achieve 60 minutes of physical activity a day – we learnt this in Week 1. The good news though is that physical activity does not need to be done all in one go, and children can split this activity across the whole day. Some good habits for children aim for is trying to be physically active at different times during the day, for example:

- 10 minutes in the morning before school (or perhaps walking/cycling/skateboarding/scooter to school if possible).
- 30 minutes during the day either in PE, during recess break or lunchtime.
- 20 minutes + after school, which can include some activity at home or in the park with family, games with friends or local sport training, swimming or martial arts classes.

Physical activity isn't always about playing an organised sport or fitness activity like martial arts, dance or gymnastics. Children can get active in a variety of ways throughout the day and every little bit counts:

- Helping with family tasks at the home (vacuuming, cleaning and gardening)
- Adding small exercises into everyday tasks – e.g. complete 10 Star Jumps during a board game, running on the spot for a 1 minute before and after watching TV/iPad
- Supporting children to come up with their own ideas!

Week 3: School Animal Movements Activity

Class 1: Animal movements (30 minutes)

Animal movements are a great way to use your bodyweight to exercise and have fun doing so. Today we will be walking like different animals!

Try these exercises in the classroom for a new way to get active – get children to provide some information about each of the animals for an even more comprehensive activity.

Crab and Ape

Description:

Crab: This will stretch your shoulders and front of the hips, it will also challenge your core/abs.

1. With torso facing to the ceiling press up from sitting to Crab position
2. Organize shoulders over wrists, 90-degree angle.
3. Tuck hips into underneath and tense your core/abs.
4. Organize knees over feet, 90-degree angle. Then walk feet away.
5. Checklist: Shoulders pinch together, Glutes tight, Belly engaged.



Ape: Deep stretch for hips, knees and Achilles (back of ankle).

1. Position yourself into a deep squat.
2. Allow your knees to be pointing in the same direction with feet. lower hips to ground, as much as you can.
3. Place knuckles directly beneath you on the ground, thumbs facing out, elbows locked out.

4. Lastly ensure back is straight and head is not leaning forward.



Once you've got the positions down, begin to walk forward in Crab and Ape. One side of the body (arm and leg) moves at a time.

Frog and Stiff Bear

Description:

Frog: Stretches the hip, knee and ankle.



1. Begin in low deep squat position, like the Ape position.
2. Hips low, back flat, knees high, stretching Achilles and lower back.

Stiff Bear: Stretches hamstring and lower back.



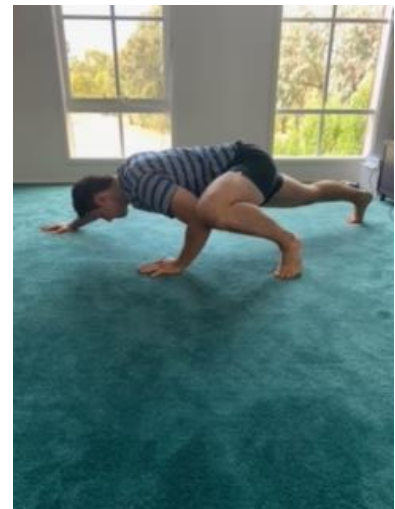
1. Lock knees out and push heels onto the ground.
2. Open shoulders, elbows locked, pressing whole hands flat on ground.

Once you've got the positions begin to walk forward. The Frog is moving forward like a Gorilla; hence arms propel forward, and legs push off together to meet arms. With Stiff bear, walking forward slowly focusing on back of knees being locked.

Lizard

Description:

This will stretch the hip and shoulder and engage the core.



1. Start by straightening one arm forward and straightening same side leg back.
2. Opposite leg bending and stacking knee over ankle.
3. Suck in belly to engage core and maintain a flat back.
4. To begin moving, step straight leg forward whilst moving bent arm forward as well.
5. Transition into Lizard position on opposite side, and sink body low to floor.
6. Repeat.

Inch Worm

Description:

This will be stretching the hamstring and shoulder and strengthening the core.



1. From standing lean upper body towards the ground and place hands flat on ground close to feet. Feel free to bend your knees to get your hands to the floor.
2. Using the hands, walk forward into high plank. Ensure the following; engaging core, hips tucked in and shoulders rounded forward.
3. Start to walk hands forward, lower to any level your able to do. Hold for a short period of time.
4. With hands planted on the ground, slowly walk feet towards head till you are back to hands and feet on the floor with legs as straight as possible.