WHY GET ACTIVE?

The best way to get active is to make exercise part of your daily routine – it is recommended that you do at least an hour of exercise every day. This can include walking to school, playing in the playground, being involved in team games and climbing the stairs. It all adds up. A variety of activities is also important as you need two different types of activity every week:

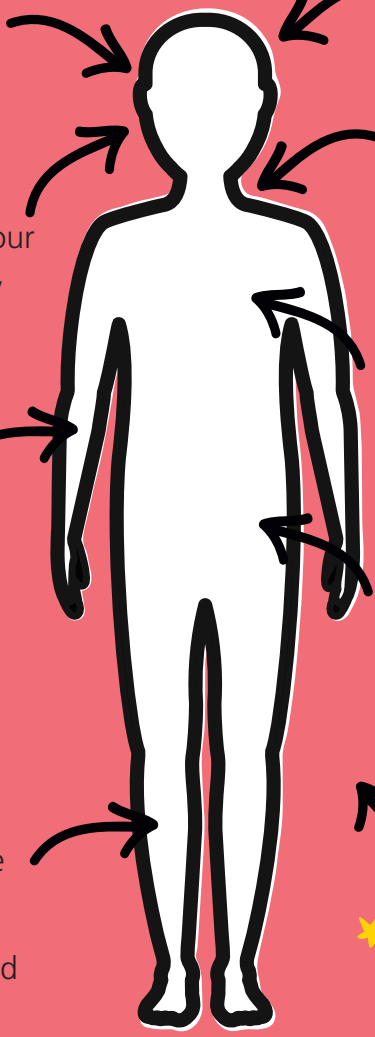
- **Aerobic** – exercise that gets your heart pumping and makes your muscles use oxygen, like swimming, running and cycling
- **Anaerobic** – short bursts of exercise that build your strength, like push ups and sit ups

Of course, you need to combine this with eating healthily and drinking lots of water too! Make sure you drink plenty of water before, during and after activities to stay well hydrated.



In this book there are lots of different ideas to stay active, but why do you need to be active?

WHAT ARE THE BENEFITS OF BEING ACTIVE?



- It will allow you to concentrate better
- Helps you to improve your schoolwork
- Reduces the chances of you getting ill and having to take time off school
- It will boost your mental health, self-belief and confidence
- It will help you to have a healthier heart and stronger bones and muscles
- It will help you to experience healthy growth and develop your coordination
- It will help keep your weight healthy
- It will improve your posture (how you sit and stand) and your balance
- Best of all, it is a chance to meet new friends

So what are you waiting for? Get going and start ticking off your activities! You can start at the beginning, the middle or the end, or jump around. Just make sure you have fun because if you find getting active fun, you will do it more often!

SCAVENGER HUNT

Scavenger hunts have been popular for thousands of years, back to when pirates would hunt for treasure! It is always lots of fun finding something hidden and unlocking mysteries. There are so many different places and items to discover on your hunt! Tick them off your list as you go.

Here is a hunt you can try in your back garden or the park:

Find something that:

- ☐ is alive
- ☐ is smaller than a penny
- ☐ smells nice
- ☐ is the same colour as your shoes
- ☐ is hairy
- ☐ has a hole in it
- ☐ is sharp
- ☐ looks like a Y
- ☐ has veins
- ☐ is slimy

TIP!

Don't pick anything that is still growing or disturb any creatures – you just need to spot things and tick them off your list!

You don't have to stick to the garden for a scavenger hunt! If you live near any of these places, try doing a hunt there, or you can even do one at home indoors:

- Your garden
- The woods
- The beach
- The park



Try these different themed hunts too:

- 10 different coloured items
- Alphabet hunt (find items beginning with the letters A–J or the whole alphabet)
- Design your own for your family to do together



CIRCUITS BOARD GAME

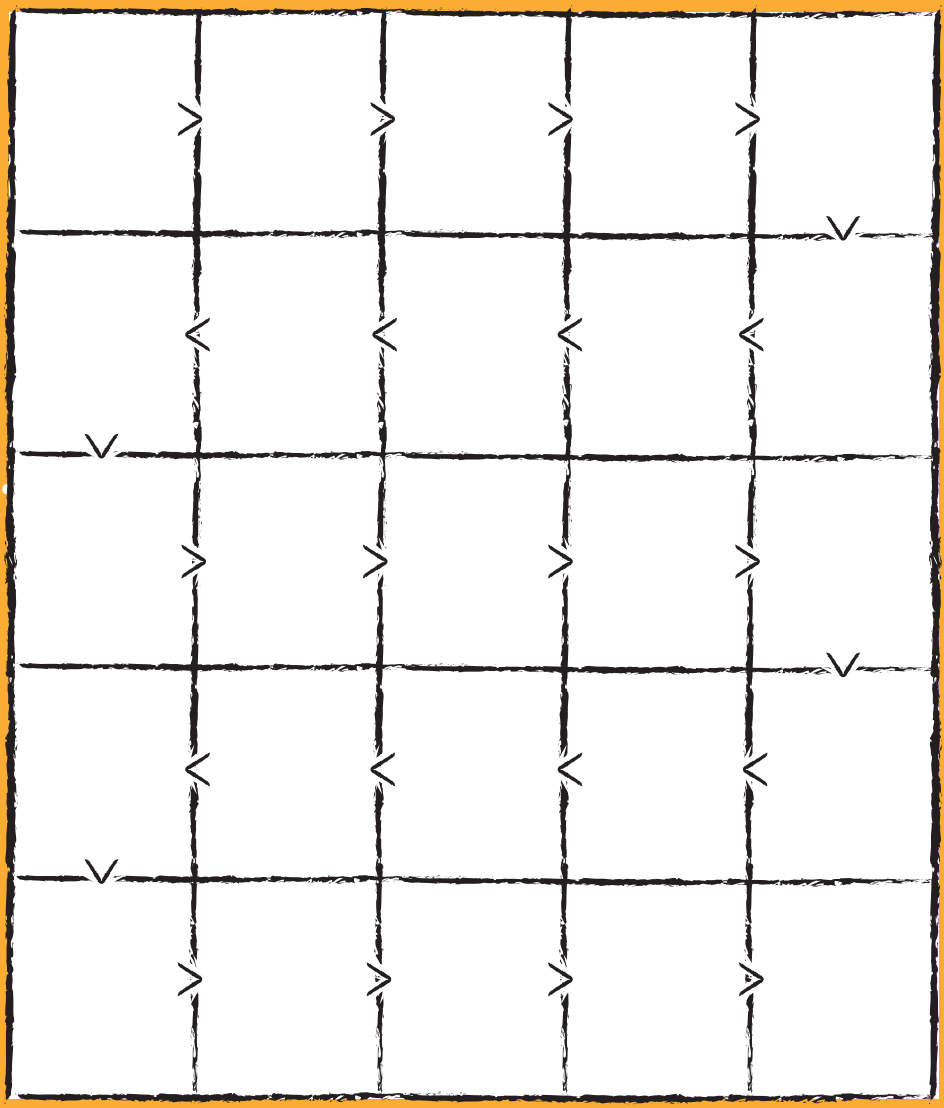
Use the grid below to make a circuits board game! All you'll need is the grid below, plenty of space, some counters and a dice. Begin on the start square and roll the dice. Move forward that many spaces. If there's an activity on the square you land on, do it!



Start here!	Lucky you – take it easy!		Do 5 sit ups.	Do 10 straight jumps.
Sprint on spot for 30 seconds.		Do 20 star jumps.		Run up and down stairs 3 times.
Do a 20 second plank.	Do 10 burpees.		Sprint on spot for 10 seconds.	
Do 5 tuck jumps.		Touch your toes 20 times.		Do 10 sit ups.
	Do 5 burpees.	Do 10 star jumps.	Do a 30 second plank.	You've finished! Time to put your feet up... or start again!



You can also make up your own with other exercises or challenges – design yours here!



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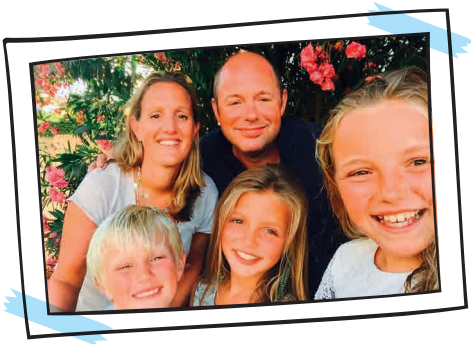
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About the author:

Active mother of three children, Kate Henebury runs two Little Gym franchises and is due to open her third in the near future. She welcomes over 1500 children to her motor skill development classes on a weekly basis, whilst advising other gyms across Europe. As a former serving Army Officer, Kate holds a BSc in Sport Science and now focuses her interest on child and motor skill development, whilst keeping herself and her family active.



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