

Helping your child to get active

TOP TIPS

1. Support and encourage them!
2. Be a positive role model!
3. Make sure they are having fun!
4. Praise them!
5. Don't pressure them!

Children should be active every day for at least 60 minutes

WHERE?

- **School** – ask about break time and after school activities
- **Your community** – find out what's on offer at:
 - **Sports clubs** – there are over 300 clubs in RCT (use our map to find local clubs)
 - **Community facilities** – community centres and leisure centres are full of activities and groups (use our map to find local facilities)
 - **Outdoors** – use your local parks and trails to get walking or cycling (use our map to find local trails)
- **At home** – play games indoors or in the garden (Visit our app for lots of ideas and videos)

WHO WITH?

- What are their friends in to? Speak to other parents!
- What can you do as a family? Join in, get active together and try something new!
- New people – sport is a great way to make new friends!

WHEN

- Make physical activity part of their daily routine - walk/scoot to school, visit the park after school
- Set aside a few hours of family time every week – to get active as a family and do something fun
- Plan ahead - get organised, write a weekly schedule and stick to it



Every child is different. Some will love the competitiveness of sport, others will prefer physical activity. Some children will prefer individual sports to team sports! And others will be more comfortable with fun, family activities! Encourage them to try new things, but make sure it's something they feel comfortable with. There are lots of different ways to get your child active, here are some suggestions for you to think about:

Sports	Physical Activity	Something different	Use technology
Football Rugby Hockey	Running (Junior parkrun) Junior fitness classes	Archery Shooting Horse riding	Geocaching Pokemon Go
Netball Basketball Bowls	Swimming Cycling	Diving Canoeing Parkour	
Squash Tennis Badminton	Skating Dance		
Athletics Gymnastics Martial Arts	Yoga Skateboarding		
Boxing Golf Cricket	American Football Table Tennis		
		Non-sporting clubs that offer physical activity	
		Scouts Brownies Sea cadets Air cadets	

Something to think about..

TO BE ACTIVE FOR LIFE your child needs:

- Enjoyment and Motivation (they like it and want to do it)
- Competence (they have the skills)
- Knowledge and Understanding (they know why and how)
- Confidence (they feel they can)

