

Introduction

Physical activity helps children grow strong bones, maintain a healthy weight, and discover the world around them. Best of all, it's great fun.

Recommended physical activity levels:

Children aged under 5 years should do 180 minutes every day

Young people (5-18 years) should do 60 minutes every day

All children should be physically active for at least one hour a day. You can help by encouraging your child to find activities they enjoy, and building physical activity into family life. Most children love running around a park or playing in a playground.

One reason why physical activity in childhood is so important is because it helps your child to maintain a healthy weight.

But that's not the only reason: physical activity is part of the way children discover the world, and themselves. It helps build strong muscles and healthy bones, as well as improve self-confidence.

Key Stage	Term	Topic	In school	Helpful hints at home:
1	Autumn	Multi skills – agility, balance and coordination	<ul style="list-style-type: none"> - Running at different speeds with control. - Jumping off and over things safely. - Throwing accurately to my peers and at different targets. - Catch different objects confidently. - Help others to improve. 	<p>When possible play simple catching and throwing games with your child. You could use variety of different sized balls, Frisbees etc. Encourage them to catch and throw with both hands. Try to persuade family members to join in as well. Skipping is a fun cheap way for your child to keep fit.</p> <p>At the park show them how to climb safely, play games.</p> <p>Try to walk whenever possible.</p> <p>Try to go to the swimming baths regularly, so that your child becomes confident in water.</p> <p>Talk to your child about leading a healthy lifestyle – food choices, plenty of sleep, water.</p> <p>Support your children in sports, clubs or any other activities that may interest them. Joining a weekend club sport ensures commitment to a team and regular exercise.</p> <p>Walk or cycle to and from school with your child as often as possible.</p> <p>Build a den or treehouse with them in the school holidays. Or, under supervision, encourage them</p>

				<p>to climb a tree or two.</p> <p>Go roller skating, rollerblading or skateboarding, indoors or outside. In winter, go ice skating. Children also love scooters.</p> <p>Do an activity challenge together, such as working towards a fun run or a walk for charity. Find time every weekend to do something active with your children. Play Frisbee or football in the park, go trampolining, or try indoor rock climbing.</p> <p>You can find advice on eating well and getting active as a family on the Change4Life website.</p>
	Spring	Gymnastics and dance	<ul style="list-style-type: none"> - Hold a range of balances on different body parts with control. - Travel in a variety of ways in all directions on different levels. - Use different parts of my body in a range of movements. - Perform different movements with different body parts. - Join movements together to make a routine or movement pattern 	<p>Encourage your child to make up their own movements when listening to music.</p> <p>Encourage your child to copy dance movements and routines on the TV.</p> <ul style="list-style-type: none"> - Maybe try 'Just dance' on you tube. <p>Play mirror games with your child were you perform different movements taking turns to copy the movements and be the mirror.</p> <p>Play freeze or statue games – during play freeze and hold a position on command.</p>

	Summer	Games and competition	<ul style="list-style-type: none"> - Work as part of a team. - Play games fairly against other teams. - Understand rules. - Apply skills to a variety of games. 	<p>Create and play conditional games such as tag. Think about how you can make the games more or less challenging to suit your child.</p> <p>Use balloons to play balloon volleyball. Design your own scoring system and discuss with your child how to make it fair.</p> <p>Have races on the beach. Draw symbols in the sand to represent different movements or actions to perform at different stages of the race.</p>
2	Autumn	Games	<ul style="list-style-type: none"> - Run and jump. - Run and throw/catch. - Jump and throw/catch. - Take part in competitive games fairly. - Understand tactics and use in games. - Think independently to solve problems. - Work in a team to overcome problems. 	<p>When playing encourage your child to combine skills like running, throwing, jumping, catching etc.</p> <p>Try to use a variety of different objects when throwing and catching.</p> <p>Have discussions about why rules are so important in sport and what would happen if there wasn't any?</p> <p>Watch a sport match on the TV with your child and identify different positions. What skills do different positions require and why?</p> <p>Set challenges for child and monitor their performance. Can they achieve a personal best and work to try and beat it?</p> <p>E.g. running a lap of the local park, clap/catch</p>

			<ul style="list-style-type: none"> - Take part in individual challenges. - Take part in team challenges 	with a tennis ball, and number of star jumps in a minute.
	Spring	Gymnastics	<ul style="list-style-type: none"> - Perform a range of balances and sequences. - Show flexibility in different body parts. - Demonstrate strength to hold balances still with control. - Develop technique in high quality performances. - Perform a range of movement patterns. - Work independently and with my peers to create and perform movement patterns. - Respond and perform to sound and music. 	<p>Try yoga with your child to improve flexibility and range of movement. Maybe use an app on a tablet or follow clips on you tube. Then maybe design your own sessions.</p> <p>Create a circuit and complete it with your child. Each stage could include the following: press ups, sit ups, star jumps, burpees, plank etc...Develop the circuit with more stations, repetitions and/or time.</p> <p>Watch your child's favourite pop songs on you tube and copy the dance routines. Can they choreograph their own routine?</p>

	Summer	Athletics and Games	<ul style="list-style-type: none"> - Run and jump. - Run and throw/catch. - Jump and throw/catch. - Take part in competitive games fairly. - Understand tactics and use in games. 	<p>Encourage your child to play for a team or attend a club.</p> <p>Go to the park or beach and design races or obstacle courses. Draw a track in the sand with start and finish lines and maybe use symbols to represent different exercise and at different stages of the race.</p>
		Swimming	<p>All key children will complete a 2 week intensive swimming schedule in all years throughout key stage 2. Sessions are focussed on improving confidence and developing the following:</p> <ul style="list-style-type: none"> - Swim 25m confidently. - Swim using different strokes. - Understand safety in and around water. - Perform different self-rescue techniques confidently. 	<p>Take you child to the swimming baths as much as possible to develop confidence in and around water.</p> <p>Who can push and glide the furthest? Have a competition and measure distances.</p> <p>Time how long it takes for you child to swim a length or width, can they beat the time?</p> <p>Watch other people swimming in the pool and discuss their technique.</p>