

Dear Parents/Carers,

### **#FitWithFamily - Healthy Active Lifestyles at Archibald First School**

Did you know that children (and adults) should aim for 60 minutes of physical activity each and every day? We call this *Active60*. Physical activity includes any action that moves the body and raises the heartrate. We know that may feel difficult right now, but Change4Life have lots of Disney inspired indoor games and 10 Minute Shake Up activities to help children stay active, even when getting outside is tricky. These can be accessed here:

<https://www.nhs.uk/change4life/activities>

In school, we aim to cover at least thirty of those minutes daily. We encourage children to take part in an activity during their outdoor playtimes and we have Brain Breaks throughout each day. The children particularly enjoy Go Noodle, which is a series of web-based videos, games, and activities focused on introducing short bursts of physical exercise in the classroom or home. Again, this is a great solution for at home exercise with children who always have plenty of energy to burn! At school, we also have our Daily Mile track, which children are challenged to follow for 15 minutes at a time.

### **How can you get involved in improving your child's physical activity?**

We would like to invite you to take part in our **#FitWithFamily** initiative. Please, when exercising as a family, whether that be a Joe Wick's HIIT session, a bike-ride or walk around the local area, share the image with us on Seesaw or Twitter (@ArchibaldFirst), using the hashtag #FitWithFamily. Our goal is to have a collection of images that highlight the ways in which Archibald Families promote a healthy and active lifestyle beyond the school day.

Other ideas for getting involved include:

- Find a fun activity. The more enjoyable the activity, the more likely your child will continue it!
- Get the entire family involved. It is a great way to spend time together. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.
- Choose an activity that is developmentally appropriate. E.g. bike rides, football, skipping.
- Plan ahead. Make sure your child has a convenient time and place to exercise.
- Provide a balance of active time vs tablets/gaming devices.
- Do not overdo it. Exercise and physical activity should not hurt.
- If you are concerned with your child's physical activity levels, talk with your child's doctor.

### **A bit of 'healthy' competition!**

Each family who submit a post or photo to Seesaw or Twitter, will be entered into a half termly draw. The winning family will receive a family pass to an active, local spot to enjoy together. Good luck!

### **Why is Active60 a good idea?**

- Improves behaviour, self-confidence and social skills
- Improves attention levels and performance at school/home
- Develops co-ordination
- Strengthens muscles and bones
- Improves health and fitness
- Maintains healthy weight
- Helps us sleep better
- Improves mood and makes us feel good

With evidence to suggest that age '*seven is heaven*,' particularly for girls in sport, it is key to promote a healthy relationship with sport and/or physical activity where we can. We hope you have fun moving together and we can't wait to see what you get up to with this new initiative!

Kind Regards

Miss White

PE Coordinator