

# Parents and HPE Day

05 September 2018



## What can you do to get involved?

Most children's waking hours are spent sitting at school and at home, so we need to integrate opportunities to get them to be more active as part of everyday life.

Below are six simple ways you can incorporate 30 minutes of physical activity and also reduce sedentary lifestyles at home on National HPE Day. Doing these activities with your child will (over time) make a substantial difference to their health and learning outcomes, and establish good habits that will stay with them throughout their entire life.

## Set aside time to be active as a family

Instead of heading straight home after school on National HPE Day, go to the local playground, park, nature reserve, oval or beach. Fly a kite or throw a Frisbee. Play games like tag, jump rope or hopscotch in the backyard. If the weather isn't great for some outdoor fun, try a family dance competition in the lounge room, play games with balloons or soft balls inside, play hide-and-seek, treasure hunt or even Twister, visit an indoor swimming pool, or try a new activity such as rock-climbing or mini-golf. Make fun the focus.

## Teach your children fundamental movement skills

Teach your children skills to help them be physically active on National HPE Day like skipping, riding a bike, skating, throwing, catching, hitting and kicking a ball. It is good practice for children who show an interest in organised sports like soccer, netball, tennis or cricket, and also for those that prefer unstructured free play.

## Visit a local club and play organised sport

Visiting local sporting clubs within the community will provide children with the opportunity to see what sporting options are available. Encourage children to participate to get them active and involved in the community.



**National Health & Physical Education DAY**  
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*Good for Children, Good for Schools, Good for Communities*

## Unplug the technology and play

Time spent using electronic media (such as television and computers) usually involve long periods of sitting. Make a family agreement on National HPE Day to eliminate 'screen time' and instead spend some quality active time together. Go for a family bike ride or enlist the children to help cook dinner, wash the car or get busy with household chores.



## Use active modes of travel

Physical activity does not need to be organised or competitive to be beneficial. Walk, ride a bike or skateboard all or part of the way to school on National HPE Day instead of taking the car.

## Walk the walk by being a positive role model

Show your children how you are incorporating activity into your daily routine on National HPE Day. Take the stairs instead of the elevator. Get off the bus one or two stops early and walk the rest of the way. Catch up with friends to walk and talk, instead of sitting down to chat. Take the dog for a walk after dinner with the family.