

GET ACTIVE!



AIMS AND OBJECTIVES

This workshop aims to highlight the importance of being physically active and to show parents how they can make “exercise” fun for the whole family.

The objectives are;

- to consider the importance of being physically active
- to discuss different types of physical activities
- to get the parents to set up some activity obstacle courses/ races using basic equipment
- to address parental concerns and barriers to increasing physical activity

PREPARATION AND MATERIALS

- Get Active Quiz and Answer Sheet
- Factsheet 3: Physical activity guidelines for children and young people (5-18 years)
- A collection of basic PE equipment or household items such as bats and balls, hula hoops, skipping ropes, cones, cushions, beanbags etc.



Get Active Quiz



Get Active Quiz - ANSWERS



Physical Activity Guidelines

WORKSHOP (25 MINUTES)

1. Welcome everybody and run through the aims and objectives of the workshop.
2. Icebreaker: Activate! Ask the group to complete the following Activate exercise - you will need to shout out the commands!
 - Stand up and sit back down 5 times
 - March in place for 10 reps
 - Stretch up and shake your hands in the air for 10 seconds
 - Shake your hips for 10 seconds
 - Elbow to knee stretch (Stand up | Hold your ears with your hands | Tap your right elbow to your left knee | Tap your left elbow to your right knee) - Repeat 5 times
 - Stretch up tall - and sit down!

Ask the group if their hearts are beating faster? Then explain that this is a moderate form of physical activity. Activate is really easy to teach and many teachers use it at the beginning of lessons. It is thought that Activate improves concentration levels, as well as improving balance, co-ordination, control and flexibility within a child’s movements.

3. Hand out the Get Active Quiz. Let the group work together in pairs to complete the quiz. After around 5 minutes go through the answers.
4. After discussing the answers, and using them to highlight the importance of physical activity, give out "Factsheet 3: Physical activity guidelines for children and young people." Ask the group to read through the factsheet. What do they think? Do they believe that their children are meeting these guidelines? Do they have any ideas on how to minimise sedentary behaviours? Ask the group to consider good opportunities through the day when they could increase their children's physical activity levels. What are the barriers? How can they influence these barriers?
5. Give it a go! Show the group the items you have brought with you or that have been supplied by school (e.g. box of bats and balls, hula hoops, skipping ropes, cushions, pillows, beanbags etc.) Ask the group in pairs to devise their own obstacle course of activities (one which could be done indoors) that they could do with their children in their own homes. Ask the group to complete their obstacle courses - they can time each other using stop watches!
6. Ask the group to describe their obstacle courses. What activities did it involve? Was it moderate or vigorous activity? Did it include muscle and bone strengthening activities? If not, how could they add them in next time? How long did the obstacle course last? How much of their 60 minutes per day did they achieve using their obstacle courses?
7. Stress the idea that this is just one way in which families could be more active and have fun together outside of school, even on a rainy day in a relatively small space! Have the group got any other ideas?

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REFLECTION (3 MINUTES)

Briefly review the physical activity guidelines and outline the health benefits of increasing physical activity levels. Summarise the session discussions for the group, paying particular attention to how the group decided they could overcome some of their barriers. Always try and finish on a positive note!

Answer any additional questions the group may have and offer the handouts to take home.

EVALUATION (2 MINUTES)

Ask parents/carers the 3 evaluation questions below; capture their answers and pass around your comments book.

1. How many people have learnt something new today?
2. How many people believe they now have a better understanding of the UK physical activity guidelines than they did before the session?
3. How many people feel more confident in helping their children to achieve an increase in physical activity levels?