

Who's The Active Winner?



PARENT TIP: Encourage an active lifestyle by scheduling time for play indoors and outdoors! Both you and your child can have fun while getting fit together.



Physical Activity Guidelines for 7-17 years old

Accumulate an average of 60 minutes in moderate- to vigorous-intensity aerobic activity per day across the week.

Keep safe while exercising! Hydrate well with plain water before, during and after any activity. Grab a snack for an energy boost before exercising, and eat just enough to prevent feeling uncomfortable during activity. Do not exercise when you are unwell, and stop exercising immediately if you feel giddiness or pain. Also, remember to be aware of your surroundings.



High knees

Lift your right knee up to your chest and hold 3-5 seconds before switching to your left knee. Alternate your left and right knees in a jogging pace.

Superheroes

Lie on your stomach and stretch your arms out in front. Arch your back and lift your chest, arms and legs off the ground.

Star jumps

Bend your knees and squat down, then jump in the air as high as you can extending your arms and legs.

Knee push-ups

Lay on the floor with arms beside your body and fingers pointing forward. Lift yourself away from the floor by straightening your arms and keep your knees touching the floor. Then, slowly bend your elbows to lower yourself back to the floor.

Bouncy ball

Standing on both feet, drop the ball downward. As the ball rebounds, push hard against the ball with your right palm and alternate the action with your left palm.

ACTIVITY

Staying active keeps us healthy and strong! Pick a different column each time you play. You can also carry out the individual exercises on your own throughout the day!

How to play:

1. Pick a column for the round (A, B or C).

2. Complete every exercise in the column.

3. First player to complete all exercises wins!



A.



5x Star jumps



5x Knee push-ups



5x High knees



5x Bouncy ball



5x Superheroes

B.



10x High knees



10x Star jumps



10x Superheroes



10x Knee push-ups



10x Bouncy ball

C.



15x Bouncy ball



15x Knee push-ups



15x Star jumps



15x Superheroes



15x High knees



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