

Let's Be Active! Move • Play • Learn



Family Literacy Week

Children love to move! The benefits of being active are lifelong and life wide. When we move and play, we learn, we have fun, we feel good and our bodies are healthy and strong.

Key Messages:

- Active play is an essential part of children's development. And it's fun too!
- Unstructured play is as important as organized sports and games.
- Children learn by watching, so join in the play.

What is active play?

Active play is any physical activity that includes moderate to vigorous bursts of high energy. It raises a child's heart rate and may make them huff and puff.



Active play builds strength in all areas:

Physical

- Increasing fitness and health
- Building strong bones and muscles
- Developing balance and coordination
- Developing spatial awareness

Social

- Communicating with others
- Taking turns, sharing, cooperating
- Making friends

Language

- Learning new words
- Using words to communicate
- Associating words with actions

Emotional

- Having fun
- Building confidence
- Taking risks
- Sleeping better

Thinking

- Concentrating and focusing
- Planning and organizing
- Developing creativity and imagination

“Children need lots of movement and physical activity every day. That's because movement is vital for development, health and wellbeing.”

– Raising Children Network (Australia), 2020

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Tips for Families:

- Be a good role model. Be physically active yourself.
- Build active play into your family's day. Include time for unstructured play too.
- Take turns choosing activities that are fun and enjoyable for the whole family.
- Put the screens away. Get active instead.
- Choose activities that match children's abilities. Let them take the lead!
- Keep it simple. Create active games that work where you are with what you have.

Where can I get more ideas for Active Play?

Active for Life: Raising Physically Literate Kids <https://activeforlife.com/recipe-for-an-active-day-at-home/>

Appetite to Play www.appetitetoplay.com/

Hop & Move Family Resources www.decoda.ca

ParticipACTION www.participaction.com/

References

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