ACTIVE WAYS TO PLAY!

Hey, kids, this is your free time, and your only job is to make it active and to have fun. Here are some ideas to get you started, but we think you can come up with even more ideas on your own. Pick an activity that you love or try a new one. Don't forget to track how much time you spend doing your activity each week. See if you can beat your weekly total. Now turn off the TV and all your electronic toys and get ready, get set, PLAY!

Great muscle-strengthening activity

Great bone-strengthening activity

GAMES, GAMES, GAMESI

Kids have been playing games since prehistoric times. Round up some friends or try to beat your own time at individual activities.

CLASSIC GAMES

These games require very little or no equipment.

- ☐ Tug of war or stick pull 🕒
- ☐ Red light green light
- ☐ What time is it. Mr. Wolf?
- ☐ Hide and seek or sardines
- ☐ Jumping jack tag
- ☐ Red rover
- ☐ Crab soccer
- ☐ Capture the flag
- ☐ Kick the can
- ☐ Jump rope ₩

GAMES WITH BALLS

- □ Kickball
- ☐ Shoot hoops at the local schoolyard (+0 E=3
- ☐ Four square
- □ SPUD
- ☐ Pick-up softball/baseball
- ☐ Hacky Sack
- □ Wall ball

FUN STUFF TO DO

All these activities require very little or no equipment, making them a low-cost option.

- ☐ Throw a dance party
- ☐ Climb a tree (→
- ☐ Make an obstacle course
- ☐ Go tobogganing
- ☐ Play on the playground equipment (H)
- ☐ Roll down a hill like a log, run up the hill and do it again
- ☐ Build snow hurdles and time your run 🕕
- ☐ Fly a kite
- ☐ Try active gaming
- ☐ Get on your bike and go
- ☐ Play hopscotch [==3]
- ☐ Rake a massive leaf pile and jump in
- ☐ Host a hula hoop contest
- ☐ Set up a Frisbee golf course in your local park
- ☐ Run through the sprinkler
- ☐ Walk the dog
- ☐ Go on a squirrel safari
- ☐ Set up a lawn or snow bowling pitch
- ☐ Plan a mini Olympics set up 5-10 fun summer or winter sports scooter, wheel, skip or run. It all and challenge your friends

TRY A NEW SPORT

Most communities have parks, pools and playgrounds where you can give a new sport a try. If there is no organized program, gather up some other kids and make your own fun.

- ☐ Swimming (→()
- ☐ Shinny or field hockey
- □ Soccer ≅ (→0
- □ Vollevball (→0 €=3
- ☐ Martial arts (e.g. karate)
- ☐ Handball
- □ Ultimate Frishee
- ☐ Yoga
- □ Lacrosse
- □ Cricket
- □ Skiing/snowboarding
- ☐ BMX or mountain biking
- □ Cultural dances
- ☐ Rock climbing ←
- □ Football
- ☐ Gymnastics ☐ (→0

GET YOURSELF TO WHERE YOU WANT TO GO

Coming home from school? Meeting friends? Walk, bike, counts as physical activity!

GET PUMPED

There is more than one kind of physical activity. Some are more intense than others.

If you do very little, with practically no physical movement, that makes you...

SEDENTARY

If you do stuff that doesn't make you sweat or get out of breath, then your activity intensity level is...

LIGHT

If your heart is pounding but you can still talk, your activity is...

MODERATE

If you are so out of breath that you can't finish a sentence, then the exercise you are doing is...

VIGOROUS

LET'S MAKE THE GRADE

Moderate- to Vigorous-intensity Physical Activity (MVPA)

At least 60 minutes of MVPA daily for at least six days a week. More is even better.



60 minutes of MVPA daily for at least five days a week.

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YOU KNOW IT'S FUN TO MOVE AROUND AND DO STUFF, WHY

60 minutes of MVPA daily for at least four days a week.



ACTIVE SORT OF A KID.

60 minutes of MVPA daily for at least two days a week.



SO YOU KNOW HOW TO SOMETHING NEW?

Less than 60 minutes of MVPA daily.



HOLY COW! DO YOU REALIZE THAT YOU'VE BASICALLY DONE NOTHING ALL WEEK?



(DON'T) WATCH THOSE SCREENS! IF YOU SPEND MORE THAN TWO HOURS DAILY OF SCREEN TIME. DROP YOURSELF DOWN A GRADE LEVEL.

IT FEELS GREAT TO INVIGORATE!





5	MONDAY	Tuesday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Sunday	GRADE	
	Minutes of MVPA 15 30 45 60 75 90 Favourite after-school activity	Minutes of MVPA (15) (30) (45) (60) (75) (90) Favourite after-school activity	Minutes of MVPA (15) (30) (45) (60) (75) (90) Favourite after-school activity	Minutes of MVPA 15 (30) (45) (60) (75) (90) Favourite after-school activity	Minutes of MVPA (15) (30) (45) (60) (75) (90) Favourite after-school activity	Minutes of MVPA 15 (30) (45) (60) (75) (90) Favourite weekend activity	Minutes of MVPA 15 (30) (45) (60) (75) (90) Favourite weekend activity	of 60 min. acti	physical ivity grade the week!
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