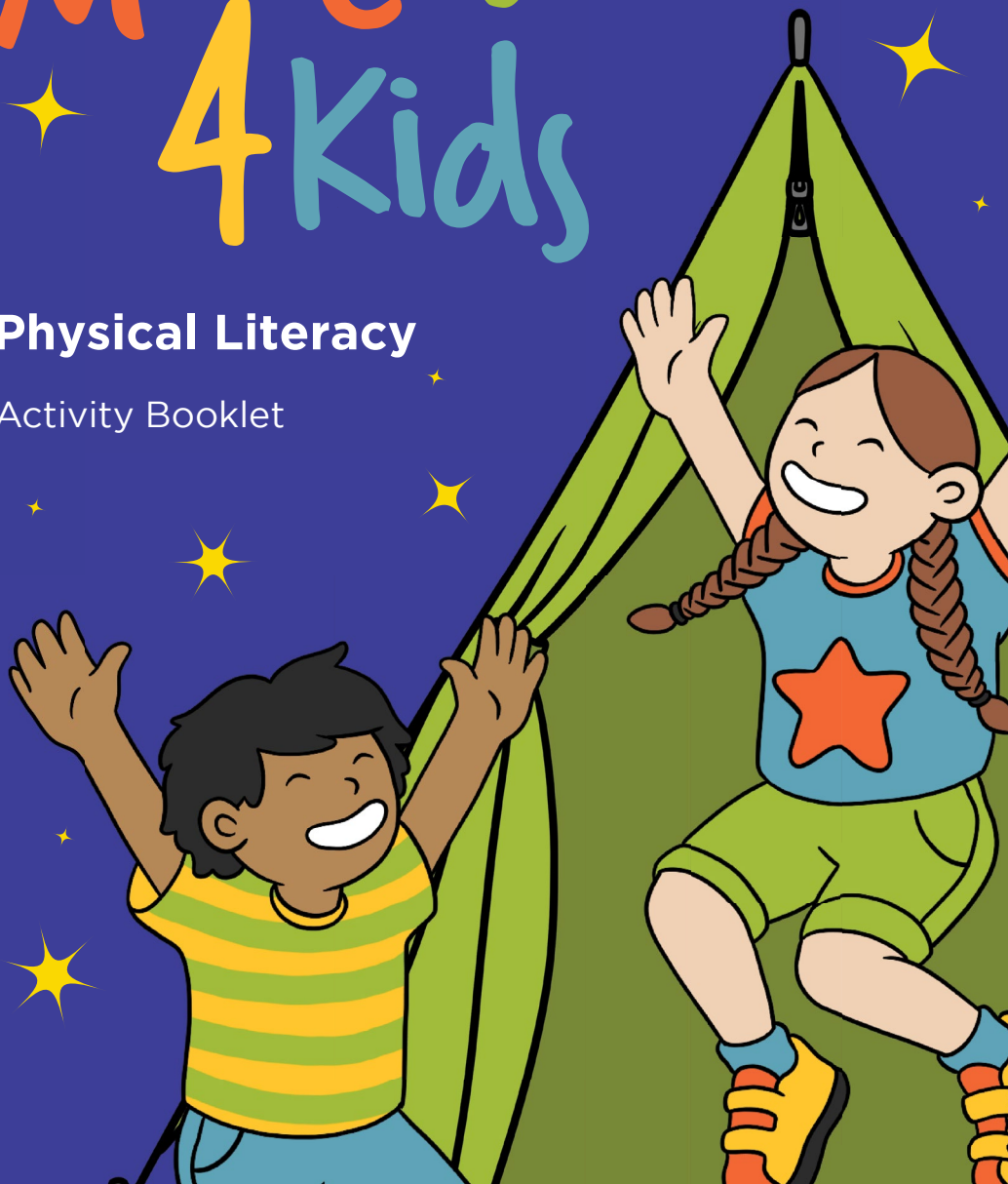




# Move it 4 Kids

## Physical Literacy

Activity Booklet





## MOVE IT 4 KIDS is a high energy program funded by AUS Sport.

It is well-documented that physical activity improves social and emotional health by supporting healthy brain development in infants, children, teenagers, adults and the elderly - this is a life long journey!

The MOVE IT 4 KIDS program supports and encourages young children to feel enthusiastic about exercise even when the iPad beckons! FUN – this is what family exercise and adventures are all about. The program offers comedy, music and movement to encourage good habits for the whole family. When adults are positive role models, children of all ages are inspired to follow their lead. Try looking up ‘park run’ a great accessible challenge for all families.

With MOVE IT 4 KIDS you can watch the children develop their fine and gross motor skills, language and social skills. Expect to be inspired, all while developing fine and gross motor skills, language skills and social skills. In the session children will “Find their 60” and adults “Find their 30” of vigorous exercise thus promoting a healthy lifestyle no matter how young, old or what your shape or ability is!

Thank you to all partners:





# Active Families

The world we live in is sometimes so busy - it can be hard to breathe. Families often juggle many things in one day it is easy for exercise to slip off the list of priorities. We get it! We are all looking for that 'balance' that everyone is talking about and sometimes the last thing we want to do is push ourselves to go for a walk, a ride or a swim. The great thing is that the more physically active you are the better you feel. Yep, it is true.

**Physical literacy** is a word you might hear a lot - what it basically means is the more you move the healthier and happier you will be. Your body will love you for it!

Being happy and healthy is all we all really want for our families. Doing activities together benefits everyone and will build positive lifelong habits. All we need to do is...

Get Moving!



This booklet is full of ideas and information to inspire your family.

For daily inspiration follow us on Instagram: [@moveit4kids](https://www.instagram.com/moveit4kids)

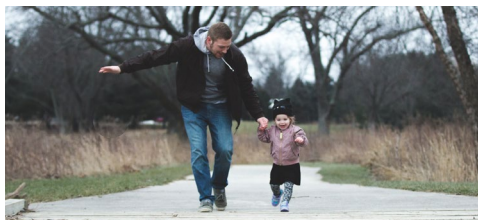




# Disconnect to reconnect

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Move it  
4Kids



## Great ways to be a more active family!

The first step is to set the screens aside each day for some family time. Screen activities have benefits of course, but they don't build healthy bodies and overuse is not good for a child's mental health. As adults we need to role model to our children when it is appropriate to take a technology break. Constant access to screen time is a major barrier to remaining fit and mentally healthy throughout life.

If you lay the foundations for an active family now, you can still be fit and having fun as a grandparent! The first step is to be a good role model and find your 30 minutes of vigorous exercise per day – include the kids, and they will naturally find the 60 minutes they need if there are no screens distracting them.

## PHYSICAL FITNESS

our body



You don't have to be an athlete or even a "sporty" person to be active. The more you move... the easier it is. Find an activity that is realistic and suits you and you will soon learn the skills.

Some ideas include: walking at a fast pace with the pram, jogging on a treadmill, joining a netball, cricket or other team locally, swimming laps, hiring a kayak and going for a paddle, playing soccer in the park, roller skating, cycling, dancing, bush walking, taking a Zumba class or playing volleyball or tennis



# PSYCHOLOGICAL

## *our mind*



Work on your attitude to exercise – you may need to build some confidence to go out and become active gradually. Don't worry about how you look, there's no need for lycra! As you get used to it the good feelings and positivity that exercise brings will help you feel more motivated.

Include the kids where possible. Keep in mind that when children are active everyday (about 60 minutes), they have better mental health and happiness – and they behave better when they can burn off their natural energy.

# SOCIAL

## *our friends and family*



When we spend time with other families and people who like the same activities we like we tend to move more and feel better afterwards.

Going for a long walk or playing with kids in the park is more fun when we mix in some social time too. It can help us to pick up the pace and exercise more vigorously so we are puffing a bit.

If we feel particularly tired or unmotivated, just walking to have coffee with a friend is a great start.

# COGNITIVE

## *Engaging our brain*



Put some thought into what it will take to be a more active family. Make some plans to increase your exercise levels as a family. Goal setting together is fun!!! Consider a schedule, how can you build movement into your weekly routines.

Setting goals like how many steps you take a day, or training for an event or a new sport you want to try can help with motivation.

Plan to make getting to places and getting home again part of the adventure – take public transport, walk, ride, push the pram, park further away, take the stairs, not the lift – it takes a bit longer but it's a better healthier experience for everyone.





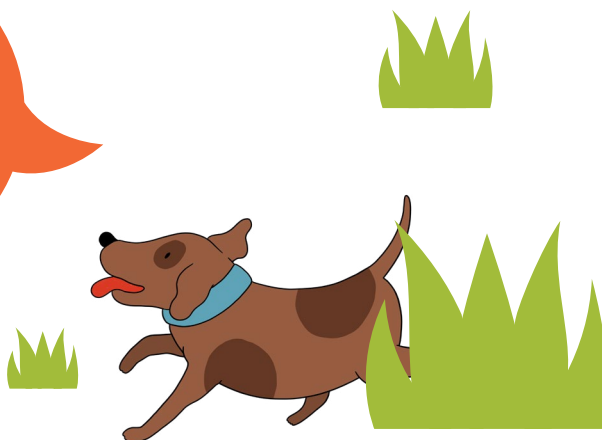
Be creative! Not everyone wants to go to the gym. Some people love being involved with local sports clubs, but others may enjoy a family swim day or a frisbee throwing day in the park.

When you have young children it can be incredibly hard to find the time and energy for your own fitness, however even if you just add onto what you're doing, like walking to the park, going for a swim, taking the stairs instead of the lift. Even doing housework at a faster pace will make a difference and get your heart pumping which is what we need! PUFFING A LITTLE IS GOOD!

Check out this website: [www.sportaus.gov.au/findyour30](http://www.sportaus.gov.au/findyour30)

**"You don't have to  
be great to start,  
but you have to  
start to be great."**

**- Zig Ziglar**



**Parenting  
is hard work!**

#nojudgement  
#gettingactivehelps



# Self-care is not an indulgence.

You must take care of yourself in order to take care of your children and your family.

A short walk or a trip to the local swimming pool can leave you feeling refreshed and reinvigorated.





# Let's talk tech

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The recommended screen time in Australia (based on the The Australian National Physical activity and sedentary guidelines) for children under 2 years old is 0. For kids 2-5 years old it is less than one hour per day.

# Let's talk tech

**The number one tip is to be very clear about rules and firmly consistent.**

- Include children in the rule making. Have them help choose a timer at the shop that you can both use to monitor the time they are on their screens.
- Set aside an area for use – rather than using devices all over the house.
- Learn how to turn off your internet when the family needs a break, and later to reconnect.
- Be a good role model - do not use your phone during meal times or look at it while talking. Be aware of the example you set.
- Do not allow children to have devices in the bedrooms overnight - all devices should come out and onto the charger so everyone can sleep.
- Do not bend the rules, regardless of the tantrums! Don't reward bad behaviour. Instead let them know if they break the rules you have both agreed to, they will get less screen time the following day. Make sure you stick to this.
- Do not shame them or act like screen time is evil. It is an important part of their future, a form of social connection and like most things, needs to be managed as a family.
- Consider having NO TECH times when no one uses any devices (perhaps Sundays or after 6 in the evening). Offer alternative activities that they can do WITH you - board games, kitchen activities or creative activities are excellent alternatives.
- When considering holidays, try to choose places where screen time will not be a focus, or even go camping and enjoy some time being cut off from technology!

**Show them how to stay healthy and live a balanced life by finding your 30 minutes a day of vigorous exercise (adults) and helping them exercise for an hour or more. They need fresh air and sunlight to feel positive and healthy - show them how!**



**You're off to great places!  
Today is your day! Your mountain is  
waiting, so get on your way**

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Dr Seuss

# Where will we go ?

Jack Roper Reserve, Broadmeadows  
Broadmeadows Aquatic and Leisure Centre  
Ararat Botanical Gardens  
Ararat Fitness Centre  
Traffic Park @ Aston, Craigieburn  
Aston's Debonair Parade Park, Craigieburn  
Golden Sun Moth Park, Craigieburn  
Queens Park, Highton  
Geelong Playspace, East Geelong  
Apex Adventure Park, Horsham  
Horsham Aquatic Centre, Horsham  
Cardinia Community Playground, Pakenham  
Cardinia Life Leisure Centre  
Alamanda Wetlands Park, Point Cook  
Leap Frog Park, Point Cook  
Bensonhurst Parade Reserve, Upper Point Cook

Jump on Google maps if you are unsure and locate a park, lake, beach or nearby farm. Your local council will have listings and maps you can use as well.

Check out these places around Victoria you and your family can play!



# Bodies come in all shapes and sizes





# My Body Is Amazing!

by Hullaballoo Music for All! and Michael Girasole

My body is amazing  
And that I know for sure  
I won't be changing this one for another at the store  
I Love I Love my Body  
It's strong both in and out  
I love I love this Body  
It makes me wanna SHOUT!

## CHORUS

MY BODY – Yeah – show me – what your body can do?!  
MY BODY – Yeah – show me – what your body can do?!

I love I love my STRONG ARMS – They carry all my things  
I can lift them high and bring them low – Then front & back I swing  
“Do The Floss – Do The Floss”  
I love I love my LONG LEGS – They take me everywhere  
I can stand on one or jump on two – Let's do it like a dare!

## CHORUS

MY STRONG ARMS – YEAH – Show me what your Arms can do  
MY LONG LEGS – YEAH – Show me what your Legs can do

I love I love my TUMMY – It's wobbly and it's fun  
I love I love my big tum – Especially when I RUN!  
“wobble wobble”  
I love I love my BOTTOM – It's big and it is round  
I love I love my big BUM – Sometimes it makes a sound!

## CHORUS

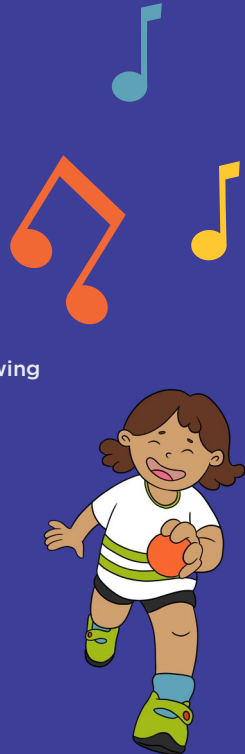
MY TUMMY – Yeah – Show me what your Tummy can do  
MY BOTTOM – Yeah – Show me what your Bottom can do  
(Fart fart fart)

I love I love my strong KNEES – They help me climb up high  
Let's bring them in nice and close – Then Take them to the sky!

“Come on Come on do 4 more – Don't worry about your Pelvic Floor!”

My Body is AMAZING – It's strong both In & Out  
My Body is Amazing – It makes me wanna SHOUT!

MY BODY – Yeah – show me – what your body can do?! X 4





**The more  
you do the  
easier it gets**

# Your activities:

Obstacle Course

Exercise Freedom

'Low 5s' or 'high 5s'

Back to back pass



# obstacle Course

**JUMP, SKIP, CLIMB, CRAWL,  
NAVIGATE AND EXPLORE!**

Not only is an obstacle course fun, it is also challenging. Children are building their fine and gross motor skills, while refining their coordination. Grasping onto objects, finding their balance and gaining spatial awareness are foundation skills that ready children for further growth and finesse.

Doing this activity with others also benefits the children's language and social skills. This type of physical interaction also helps children to practice their communication skills and manage their emotional needs and wants. Homemade is best - an obstacle course need not be expensive. Use things that you find around your home.



## What to do:

1. Set up the boxes in a line to form a tunnel
2. Place blankets inside the tunnel or outside, allowing the children to crawl, sit and roll
3. Get creative and fashion 'make believe spaces' for the children to visit along the way

## **Make use of any equipment already in place:**

If at playgroup, a hall or a school, gather sports equipment and toys to create an obstacle course. The more variables, the more interesting the course will be.

## What you will need:

- + Cardboard Boxes
- + Blankets
- + Chairs
- + Toys/soft balls
- + Leftover household items that create spaces for role playing, such as pots and pans or buckets
- + Books are good to have when the kids are ready for a rest



## Tip!

Get down at your child's level and gain an understanding of the experience from their perspective. Let them lead the way and assist where necessary. It is adventure time!



**Dance like no one  
is watching**



# Exercise freedom

## **Time to get up and moving!**

Embrace these old favourites. They are still as good as they were when you were a child and it is something generations can share together.

## MOVE TO THE MUSIC

Ring A Ring 'O Rosy

Conga Line - follow the leader

Head, shoulders, knees and toes

Musical chairs

## FUN AND GAMES IN THE GREAT OUTDOORS

Potato sack races

Bean bag toss

Hide and seek

Bubble catch

Bike riding





YESTERDAY

NOW

TOMORROW

Move It  
4 Kids

# 'Low 5s' or 'high 5s'



A QUICK ENERGISER. NO EQUIPMENT NECESSARY.

## What you will need:

- + An area free of obstacles
- + Players dispersed over the playing area

## What to do:

If it is the first time the activity is performed, call on different pairs to demonstrate the choices.

**Call the action** – it's great to do as a group.

If different 'low 5s' variations are executed, that's fine.

**Challenge** – how quickly can you do it?



## Safety:

+ Choose an area away from walls and other obstructions.

+ Encourage soft contact when hands or feet come together.

+ If the activity starts with random running, players should have completed space awareness activities





**You are never  
too young or  
old to MOVE**



# Back to back pass

## What you will need:

+ A ball

## What to do:

With one ball per pair, players pass the ball back and forth.

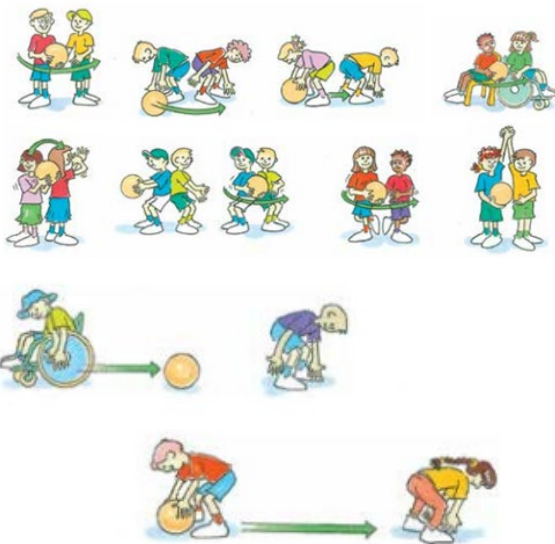
Ball must change hands completely.

Explore different passes – make up new ones.

Set a time period (e.g. number of passes in 20 seconds).

Highlight successful passes. Ask children to show their successful passes.

Highlight groups which were able to meet their goal (or beat it)



## Change it!

- + Swap partners.
- + Easier – passer or receiver can move feet around.
- + Harder – move apart.
- + Move apart and introduce new passes or positions (e.g. rolling along ground, bounce pass).
- + Match players for size in back-to-back activities.
- + Ask children to create new challenges for their friends to try.
- + Ask children to change the direction







**Did you find  
your 30?**

*Move it  
4Kids*



**Start where you are.  
Use what you have.  
Do what you can.**

**Arthur Ashe**





# Relax, stroll and reconnect with the outside world

## CREDITS

WORDS by Playgroup Victoria, drummond street services, Hullabaloo Music for All

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MOVE IT 4 KIDS ACKNOWLEDGES THE TRADITIONAL OWNERS OF COUNTRY THROUGHOUT AUSTRALIA AND THEIR CONTINUING CONNECTION TO LAND, SEA AND COMMUNITY AND WE PAY OUR RESPECT TO THEM, THEIR CULTURES AND TO THE ELDERS PAST AND PRESENT.

Share your fun family active ideas with us on Instagram!

@moveit4kids

