

Top Tips and Activities!

Activities in the Home



Children should be getting at least one hour of exercise or physical activity every day however, there are a large proportion of children who get nowhere near this much and which is leading to a generation strife with numerous preventable health problems. The lure of television and games consoles is outweighing the football field and great outdoors and children are becoming increasingly inactive and unfit. Inactivity is linked to an increased risk of diseases such as high blood pressure, diabetes and cardiovascular disease. Activity has many benefits for your child including physical e.g. weight control, psychological e.g. release of endorphins (happy chemicals!) and social development and skills. Fortunately help is at hand! Here at PhunkyFoods we wanted to provide you with a number of activities which you can do in your home which are so informal and fun that your child won't even realize they are exercising so no excuses!

- Play games with your children creating obstacle courses and asking children to try and do them within a certain time scale. Obstacles don't have to be laden with resources a few chairs and a ball are a great place to start. Follow this link to the PhunkyFoods Fantastically Fit Challenge, there are potential obstacle courses for all ages which you could use as active inspiration!
http://www.phunkyfoods.co.uk/kidz/active_index.php?page=activefit
- Challenge children to do active actions such as 'run up the stairs touch your bed and run back downstairs in 15 seconds'; set targets which are achievable but ensure that the time is short enough that children really have to try!
- Play games which your children enjoy and introduce active forfeits such as the loser has to run up and down the stairs (this can also be done with computer games!)
- Ask children to make treasure hunts with clues hidden all around the house, they will not only enjoy the challenge of creating the hunt but will also be active whilst making and setting it up.
- Play with bubbles – you blow them and get your child to jump around trying to pop them.
- Hide and seek, the old favourite, it's active and fun and needs no planning or tidying away!
- Blowing goals – you will need a ping pong ball and a large table. Assign children a portion of the table which will represent their 'goal', place the ping pong ball in the centre of the table. Children must not touch the ball but have to try to blow it into the other player's goals. Encourage children to move around whilst playing this game.
- Fanning fishes – cut out a fish shape from a piece of paper, using an old newspaper ask children to fan their fishes around the room, who's the fastest flapper?
- Put on some music which your children like, encourage children to create a dance routine or simply dance around, they will be working their heart and having fun – it's win win!
- For computer addicts follow the link to our PhunkyFoods Active Seat activity, it's an interactive computer game which combines finding household objects and a need for speed!
http://www.phunkyfoods.co.uk/kidz/fun_index.php?page=games
- Encourage children to get involved with household chores or gardening, try to make this fun and reward them with something they like.

Being active really is easy and it's fun for you and your children. Here are just a few ideas which we hope will help! Go on... try one today!