Get Active Newsletter Content:

This term we will be working closely with our partners at PhunkyFoods to showcase Get Active message to the children. This message highlights the importance of being active, knowing how much exercise we need every day and being able to think of ways to get active.

Exercise improves concentration levels, as well as improving balance, co-ordination, control and flexibility within a child’s movements. It is recommended that children do at least 60 minutes of exercise every day and for pre-school children it is advised that they do at least 90 minutes. Physical activity just needs to get the heart beating faster than normal. So it may just be a few small changes to your child’s routine which help them to meet the government’s physical activity guidelines. Vigorous intensity physical activities, including those that strengthen muscle and bone, should be incorporated at least three days a week.

Regular exercise also boosts self-confidence and mental concentration. Being active and fit is a big plus; enhancing co-ordination, agility and cardiovascular fitness. It’s likely that your child will make new friends whilst they are exercising. Additionally being active helps to improve your posture and can help improve your body shape. As parents and carers you can be a positive role model by showing them you enjoy being physically active too, by joining new clubs, going for brisk walks as a family or playing a game of rounders in the park. Encourage exercise so that it is an active part of your family’s everyday lifestyle.

We will be doing some work in school with the children around the Get Active message (INCLUDE/INSERT ANY PLANNED ACTIONS HERE E.G. ASSEMBLY OR AMBASSADORS WORK, ANY REWARDS BASED INITIATIVES).

You can find out more about the other PhunkyFoods healthy eating messages, at <https://www.phunkyfoods.co.uk/parents/health-information/> . Please do take the time to look at the website as the information is there to help you to support your child at home.