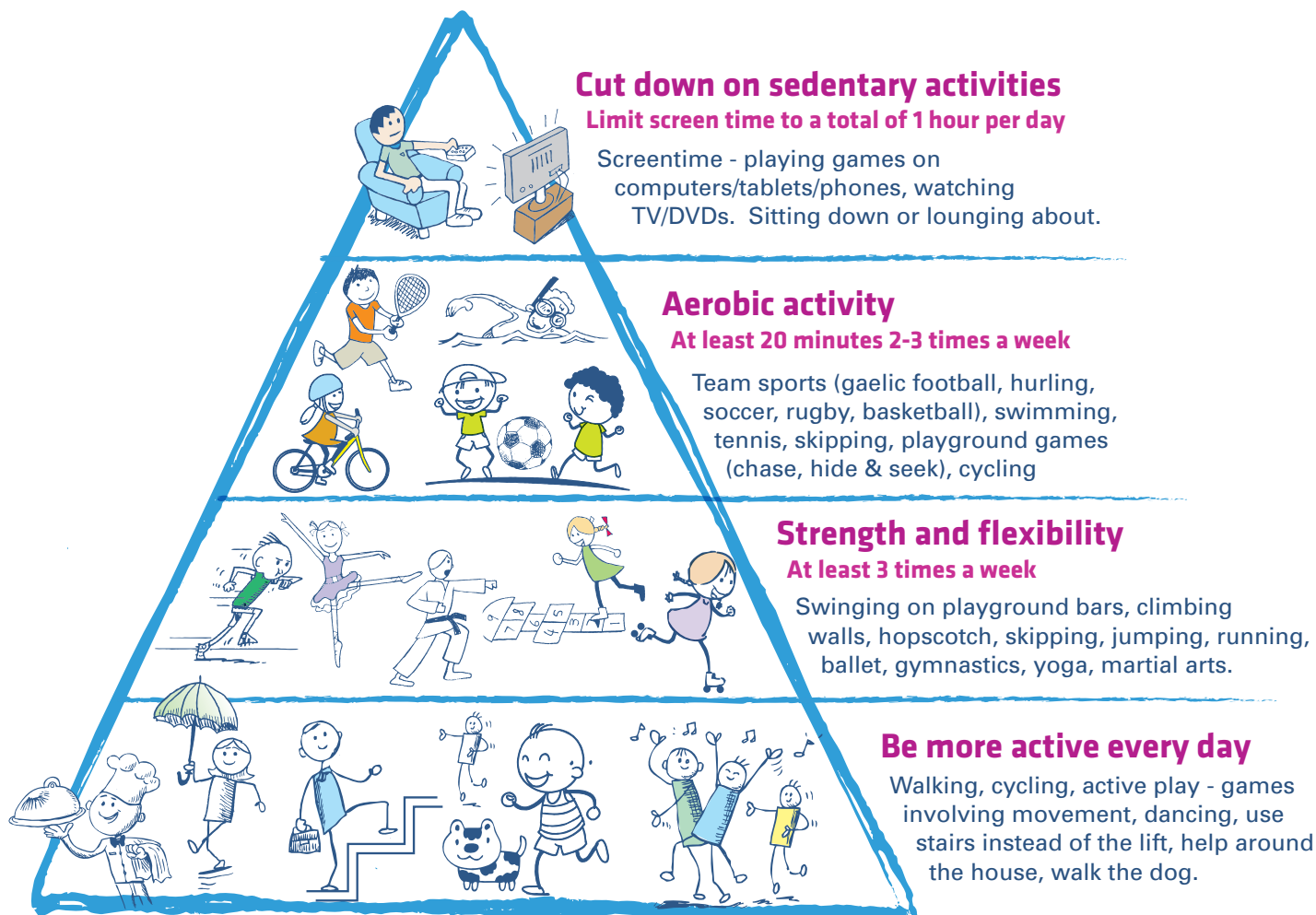


MOVE MORE

Moving more means being physically active in a variety of ways.

Use the Activity Pyramid and Activity Table as a guide to the different type of activities your child can do to move more.





TYPE OF ACTIVITY

EXAMPLES

Aerobic

Moderate intensity

Cycling
Brisk walking
PE class
Skateboarding or rollerblading
Hiking
Dancing
Games of catch and throw

Aerobic

Vigorous intensity

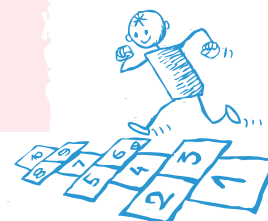
Active games involving running and chasing such as tag
Cycling
Jumping rope
Martial arts, such as karate
Running
Vigorous dancing
Sports such as gaelic football, hurling/camogie, soccer, rugby, basketball, swimming, tennis

Muscle strengthening

Games such as tug of war
Rope climbing
Swinging or climbing on playground equipment or bars
Climbing walls
Sit-ups (curl-ups or crunches)
Modified push-ups (with knees on the floor)

Bone strengthening

Games such as hopscotch
Hopping, skipping, jumping
Jumping rope
Running
Sports such as gymnastics, basketball, volleyball, tennis



60 active minutes

It doesn't have to be all sport – running around and having active fun counts too. Children are naturally active so any amount of physical activity counts toward their 60 minutes.

- › Active play every day – hopscotch, hide and seek, dancing to music, cycling, tag, skipping.
- › Active treats – a trip to the park, playground or swimming pool.
- › Active travel – get them off the bus and out of the car – if it's walkable, walk it or cycle.
- › Organised activities – hurling, football, karate, dance, archery, community games.

Make it enjoyable and fun

Include a variety of activities so getting more active doesn't become a chore.

- › Join in – adults need to be active too.
- › Make a list of activities your child would like to try – check out www.getirelandactive.ie for details of these in your local area.
- › Allow your child to explore different activities so they find out what they like.



Get up and about

Today's way of life means most of us spend too long sitting down.

- › Encourage your child to be active during their free time.
- › Try not to sit or lounge about for more than 30 minutes at a time.
- › Limit the amount of time your child can sit in front of a screen – TV/computer/tablet/phone. Set daily and weekly limits.
- › Get them running around after school. When the evenings are dark early, allow some playtime before homework.
- › Don't let the weather interfere – swap outdoor activities for indoor ones or wear suitable clothing.



Getting more active

Children need to be physically active at a moderate intensity for at least 60 minutes a day. If your child is not used to being active regularly, what you consider a moderate intensity activity may feel like vigorous intensity to them.



Start off slowly

Include an extra 15-30 minutes activity 1-2 days in your weekly routine. Gradually build this into your daily routine, adding activities over time until you reach your goal of at least 60 minutes a day.

MODERATE ACTIVITY

Heart is beating faster than normal, breathing is harder than normal

VIGOROUS ACTIVITY

Heart is beating much faster than normal and breathing is much harder than normal

