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HEALTHYLAND

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METHODS, TECHNIQUES AND STRATEGIES USED TO INVOLVE CHILDREN IN SPORTS ACTIVITIES AND PROMOTE A HEALTHY LIFESTYLE



ROMANIA



Grădinița cu Program Prelungit „Floarea Soarelui” Craiova



WHY PHYSICAL ACTIVITY IS GOOD FOR CHILDREN

Benefits of physical activity for a healthy body include:

- strong bones and muscles
- healthy heart, lungs and arteries
- improved coordination, balance, posture and flexibility
- reduced risk of becoming overweight or obese
- reduced risk of heart disease, cancer and type-2 diabetes later in life.

Physical activity is also great for helping your child to be happy and well in other areas of life.

- For example, active children are more likely to:
 - be confident and feel like they belong
 - be happy and relaxed
 - sleep well
 - concentrate better at school
 - get along with others and make friends easily
 - share, take turns and cooperate.



TYPES OF PHYSICAL ACTIVITY

Physical activity isn't necessarily 'exercise'.

Your child doesn't have to play an organised sport or do push-ups to have a benefit.

Opportunities for free outdoor play are just as important and valuable. It does help, though, if you **make daily plans** for when and where your child can be active.

Simple physical activities can include:

- going for walks or walking to child care or school
- spending time in places like playgrounds
- playing in parklands, shallow water at the beach or a river, near your home or at the homes of friends or family
- playing 'chasey', 'keepings off', one-on-one soccer, basketball, touch rugby or netball in the backyard or park.



Did You Know?

- ❑ Only 1 in 3 children are physically active every day.
- ❑ Less than 50% of the time spent in sports practice, games, and physical education class involves moving enough to be considered physical activity.
- ❑ Children and teens spend more than 7 hours per day on average using TVs, computers, phones, and other electronic devices for entertainment.
- ❑ About 1 out of 3 -4 children is either overweight or obese in the UE.
- ❑ Overweight teens have a 70% chance of becoming overweight or obese adults.



HOW TO ENCOURAGE YOUR CHILD TO BE PHYSICALLY ACTIVE

Here are 13 ways to get started:

- 1. Talk with your child's doctor.** Your child's doctor can help your child understand why physical activity is important. The pediatrician can also suggest a sport or activity that is best for your child.
- 2. Find a fun activity.** Help your child find a sport that she enjoys. The more she enjoys the activity, the more likely she will continue it. Get the entire family involved. It is a great way to spend time together.
- 3. Choose an activity that is developmentally appropriate.** For example, a 5- or 6-year-old child is not ready for weight lifting or a long run, but soccer, bicycle riding, swimming or just playground activities are all appropriate activities.



- 4. Plan ahead.** Make sure your child has a convenient time and place to exercise.



5. Provide a safe environment. Make sure your child's equipment and chosen site for the sport or activity are safe. Make sure your child's clothing is comfortable and appropriate.

6. Offer active toys. Young children especially need easy access to balls, jump ropes, and other active toys. These make great gifts, and encourage physical activity and opportunities to play outdoors.

7. Ask his/ her help with household chores. Involve your child in daily activities around the house like gardening, washing the car and cleaning.

8. Be always prepared. Keep an activities box at home and in the car with balls, bats, kite, beach bucket and spade so that you're always prepared.

9. Be a role model. Children who regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

10. Play with your child. Help her learn a new sport.



11. Turn off the TV. Limit TV watching and computer use. Pediatricians recommend no more than 1 to 2 hours of total screen time, including TV, videos, computers, and video games, each day. Use the free time for more physical activities.



12. Make time for short and simple exercise between other activities. Some children are so overscheduled with homework, music lessons, and other planned activities that they ‘forget’ to make time for a short mental break of invigorating exercise between the main activities.

13. Do not overdo it. When your child is ready to start, remember to tell him/ her to listen to their body. Exercise and physical activity should not hurt. If this occurs, the child should slow down or try a less vigorous activity. As with any activity, it is important not to overdo it. If your child's weight drops below an average, acceptable level or if exercise starts to interfere with school or other activities, talk with your child's doctor.

Remember!



Exercise along with a balanced diet provides the foundation for a healthy, active life. This is even more important for children who are obese. One of the most important things we can do is encourage healthy habits in children early on in life. It is not too late to start!