



Physical Education



Physical activity helps children build strong muscles and healthy bones, maintain a healthy weight and it also improves their self-esteem and self-confidence. It is part of the way children discover the world around them and themselves. Best of all, it is great fun! If children are encouraged from an early age to adopt a healthy, active lifestyle it will build a strong foundation for a lifelong love of being active.

The Government recommend that young people aged 5-18 years should be doing 60 minutes of physical activity every day. You can help by encouraging your child to try different activities, this will lead to them finding activities they enjoy and will stick at. Building physical activity into family life is very important, as it shows children that an active lifestyle is essential for everyone. Children look towards their parents as role models and those that regularly see their parents enjoying sports and physical activity are more likely to do so themselves.

There are so many different things that you can do that make exercise fun for all the family. Many of them are free or cost very little.

Here are 20 to get you started.

1. Go for a walk. Take a dog, if you don't have your own maybe borrow a neighbour's or a friend's, you'll be doing them a favour too! We are very lucky in Worthing as we are on the coast and we also have beautiful countryside. Make the most of it.
2. Go for a bike/scooter ride
3. Go roller skating, roller blading or skateboarding.
4. Go ice skating
5. Go climbing. There are some super indoor rock climbing centres in our area and Go Ape has just opened in Crawley!
6. Do an activity challenge together, such as working towards a fun run or a walk for charity
7. Put some music on and dance



8. Play active games indoors like twister and hide and seek
9. Make an obstacle course inside when its wet-use the stairs in it!
10. Go to the park. Many of the parks in Worthing have been re-fitted with amazing equipment that encourages climbing, swinging, spinning
11. Play with 'active' toys in the garden: Frisbee, skipping rope, swingball, hula-hoop etc
12. Play football in the park
13. Play tennis at your local tennis court
14. Organise a family game of rounders/cricket at the beach
15. Fly a kite. The Kite Society of Great Britain's website lists a number of groups that regularly meet for special flying days with experienced members who offer advice and assistance. Some also run kite-making workshops.
16. Create a scavenger hunt. "At each station, in addition to the next clue, have an exercise the children need to complete before continuing. It could be 25 jumping jacks, 10 push-ups, run one lap around the garden, jump rope for 30 seconds, hula hoop for one minute, frog hop to the next station "" the options are endless
17. Visit the local swimming pool
18. Have a water fight in the garden
19. Indoor soft play areas are great when it's raining
20. The National Parks website has lists of events such as guided walks and children's fun days, for fresh ideas for active days out



What if that isn't enough or they start to show a talent.....

Join a club- there are hundreds of different clubs in Worthing There is one for everything you could imagine from dance, football, gymnastics, rugby, basketball to archery and yoga. Finding one is easy you can: search on the internet, ask at the local leisure centre, ask other parents to recommend one or talk to the PE co-ordinator at school. All clubs want new members and they welcome people to come along and watch a session in action. Many also do trial sessions where you can go and join in for free to see whether you like it or not. Joining a club ensures regular exercise for your child and teaches them about commitment.

