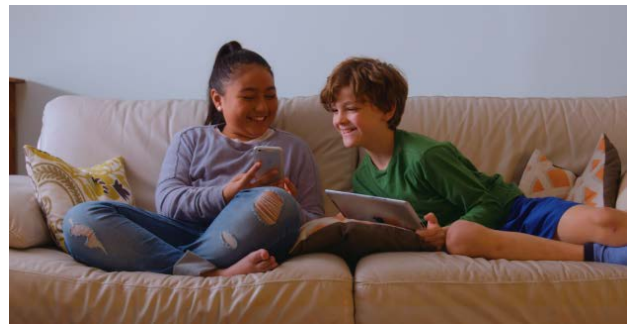


FIT AS A FIDDLE

“What’s a couch potato dad?”

“Someone who sits around all day and doesn’t get enough exercise. Why do you ask Billy?”

“My teacher said we don’t want to become couch potatoes. She’s challenging us to move more and sit less.”



“Take up that challenge son. Moving helps your bones and muscles. Exercise makes your heart stronger and healthier. Actually, I should join you and take up the challenge too.”

“Hey dad, could we throw the ball around at the park when you pick me up after school? Maybe we could all go down to the river after dinner and skim stones.”

“That sounds good Billy. Let’s write down a family plan of what we might do each day to move more. If we keep it up, soon our family will be as fit as a fiddle.”

Dad and Billy's Family Activity Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Kick ball around at school	Swimming	Playing in the playground tag/games	Kick ball around at school	Frisbee at the park	Family bike ride	Walk up the bush track
River – walk/stone throwing			Walk to town – groceries			

Can you come up with a plan for your family?



Being active

Most of us probably spend a lot more time sitting on our gluteous maximus in winter than we do at other times of the year.

1. But it is just as important to keep fit and active in winter too, so
 - a. Your challenge is to think of ways that your family might be able to raise their heart rate on a wet day.
 - b. What activities would you most like to do?
 - c. Check with the rest of the family. Does everyone like the activities you like?

2. Sarah and Tino were rummaging around the junk drawer at home on a wild, wet, windy day. They found 2 balloons, some string, a couple of magazines and a ping pong ball.



What games can be created using these materials?

Share your idea with your family. What is the purpose of the game? What are the rules?

If you have these things at home challenge your family to a game. Or choose other items you do have and create your own game.

3. With a family member, play The Colour Game

Find 3 things in your house for each colour of the rainbow, you can claim it as one of yours by touch it. The only rule is no one can touch the same thing that the other person touched.

