Home Heroes Checklist **Physical Activity**

Physical Activity is essential for building a strong body, feeling happy and achieving top grades. Use this Home Heroes Checklist to help your child stay active outside of school.





Ensure your child always has a PE kit when they need one. If busy home routines leave little time for **physical activity**, it's extra important for your child to **stay active at school**.

Use the **Fortune Teller activity** (below) to challenge your child's **Fundamental Movement Skills**. Can they hop on one leg? How about leaping high into the air? Can they think of a physical activity to show off their strongest skill?





Limit after school TV time to one hour. The less time spent in front of screens, the more **opportunity for movement.** Don't be afraid to let kids get bored!

Encourage your child to complete the **Home Activities** assigned by their teacher. These **mini activity sessions** are a great way to meet the daily physical activity target (60mins).







ORTUNETEL

IF YOU DON'T HAVE SAFETY SCISSORS, ASK A GROWN UP TO HELP!

HOW TO PLAY



CUT THE GAME OUT AND PLACE FACE DOWN









LIKE THIS



















HOW MANY STAIRS

CAN YOU CLIMB

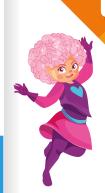
WITH A BOOK

EAVOURITE TIKE AONB

ON YOUR

HEAD?





HOW FAR CAN YOU TRAVEL IN ONE YOU TRAVEL JUMP? HOPPING ON ONE FOOT?







KKKK

WHICH LEG CAN YOU

BALANCE ON ONGEST?

CAN YOU **BACKWARDS?**



HOW FAR CAN













ACTIVITY





