



Active Padstow

Children and young people aged 5 to 11 should aim for an average of at least 60 minutes of moderate or vigorous-intensity physical activity a day.



Some fun activities to try at home:

- **Obstacle courses:** Create a fun obstacle course using household items like pillows, chairs, and blankets. Challenge your child to crawl, jump, and climb through the course.
- **Dance party:** Put on some music and have a dance party with your child. Encourage them to move their body and dance along with the beat.
- **Yoga:** Practice some simple yoga poses with your child. You can find videos online that are designed specifically for kids.
- **Scavenger hunt:** Set up a scavenger hunt around the house or garden that requires your child to run, jump, and climb to find hidden items.
- **Skipping:** Is a fun way to get your child moving and improve their coordination.
- **Balloon volleyball:** Blow up a balloon and play a game of volleyball with your child using your hands to hit the balloon back and forth.



Our offer:

- 2 hrs of Physical Education/week
- Movement breaks (during lessons)
- Active Break and Lunchtimes
- Afterschool clubs
- External sports providers
- Competitions & coaching



Remember, the most important thing is to keep it fun and engaging so your child will want to continue to be active.

SCAN ME



SuperMovers



NHS Better Health

SHARE YOUR WOW!

Tell us about your child's sporting achievements.

email: hello@padstowschool.org

