



St. Michael's House

'Lets Stay Active'

Physiotherapy advice handout for school aged children during Covid 19



Staying physically active and healthy is important, particularly now when we all need to mind ourselves and each other a little more. In school children are regularly active throughout the day during movement breaks, lunch time, PE and moving from class rooms. It is so important that your child stays as active as possible during this time of isolation. Inactivity can pose health risks and hopefully incorporating play, exercise and activity into the daily routine will reduce the risk of your child becoming weak, unfit and de-conditioned. This handout includes recommendations and activity ideas for children, young people and families while we work together to stay safe. Any forms of active play or games count so don't get too worried if you're doing it right. Just get you and your family moving!

Why is it important for my child to stay active?

- Grow and develop a healthy body and self confidence
- Decrease the chance of childhood obesity
- Help your child build strong muscles, healthy bones, agility and co-ordination
- Improve self-esteem, mood, energy and sleep pattern
- Improve learning and attention



How much physical activity do children need?

- Kids need to be active every day
- All activity, no matter how short, counts - whether it's organized sports or active play and games at home
- The National guidelines recommend at least **60 minutes** of moderate to vigorous level activity every day.
- Moderate activity is when breathing and heart rate increase, but a conversation is still possible.
- Vigorous activity is when breathing becomes heavy, heart rate becomes faster and it's difficult to keep a conversation going

The role of the family

You can help your children or any children you look after to be active. Children whose parents or guardians are active are more than **5 times** as likely to stay active.

- Get active yourself - children learn through example and are 5 times more likely to be active if their parents are, make time to play with your child.
- Choose the right activities for your child's age - if you don't, your child might become bored or frustrated
- Keep the focus on fun - children don't want to do something they don't enjoy
- It is important to make an activity schedule to build this into your daily routine, write down set times in the day that you all get active for example '9am Joe wicks PE workout', '12pm walk the dog for 20 mins', '5pm family game indoor or outdoor 30 mins'
- Encourage everyone in the house to get involved to make it motivating and family fun

Physical activity for children with health conditions

- If your child has any kind of health condition, disease or disability talk to your GP or Physiotherapist here in St Michael's house before increasing your child's physical activity
- Most health conditions are helped by being physically active
- If your child has a movement or sensory difficulty, you can adapt the activity, please see below for more information on this
- Listen to your child and allow them to be as active as their ability allows while motivating them to reach their full potential



What activities can my family do inside?

Try to have areas in your home with no televisions, computers or devices, or avoid these devices for certain times during the day. Create safe places to play, use cushions to cover sharp furniture and wear runners to avoid slipping.

Here is a list of fun indoor games or activities:

- Obstacle course - make a fun obstacle course out of furniture in the house
- Dance - turn on your child's favourite song and dance around the house together
- Play active games with your children - such as jumping, hopscotch, animal walks
- Turn on a you tube interactive fitness video such as gonoodle or play a fitness video game your child's console
- Set hourly challenge's "today I have to do 10 jumping jacks every time the big hand of the clock hits 12!"
- Circuits or indoor fitness family workouts "Station 1 - 10 squats, station 2 - 30 seconds fast feet, station 3 - 30 seconds bear crawls"
- Bouncing and doing actions on a fit ball
- Scooter/skate board – pull on tummy or with feet in sitting, negotiate obstacles

What activities can my family do in the garden or within 2km of the house?

When playing outdoors, children have more freedom to move, shout and connect with the world. It can help your child to learn and develop mentally, improve their physical development, encourage their curiosity.

Here is a list of fun outdoor games or activities:

- Games such as tug-of-war, stuck in the mud, tag Statues, freeze games, pretending to be... games
- Outdoor obstacle courses climbing and negotiating game equipment
- Races - run forwards or backwards, in and out of cones, jump or hop forward
- Ball games - throw and catch, wall ball, penalty shoot out
- Visual copy games like follow the leader or verbal copy games such as Simon Says
- Galloping and skipping, skip with a rope, hopscotch



Examples of YouTube exercise and workout videos

Young Children

- Cosmic yoga for Kids
<https://www.cosmickids.com/category/watch/>
- The Fit Factor Animal exercises for Kids
<https://www.youtube.com/watch?v=26guG6wr5so>

Children General

- P.E. with Joe (Live every morning at 9 during Corona Virus outbreak, can also view later) Youtube - [The Body Coach TV](#)
https://www.youtube.com/watch?v=4wzoy_J3l_c
- Kids workout 1 beginners
https://www.youtube.com/watch?v=L_A_HjHZxfl
- Cincinnati children's Health works Youth Fitness 101
<https://www.youtube.com/watch?v=dRQf3yFXO1Y>
- Just Dance workout 1 - You tube
<https://www.youtube.com/watch?v=yQ4fTl4wbko>
- GoNoodle lots of videos for all ages exercise, dance, relaxation and games
<https://www.gonoodle.com/>
- Disco funk 1 - 10 min dance class from "Move with colour"
<https://www.youtube.com/watch?v=cgDppkLnImI>



Examples of Video game workouts

There are lots of video games that use physical activity during the game. While regular sport and activity outside has the most benefits for your child's well being this may be a last resort option! I am sure at times you are trying to discourage your child from screen time but if you are finding it very difficult to motivate your child to participate in activity then this may be another option.

Most consoles have a range of fitness, dance and exercise workout games, check what console your child is using and research an activity game that could motivate them to get up and get moving.

Here are a few examples:

- Nintendo Switch - Ring fit adventure, Fitness Boxing, ARMS, 1-2 Switch
- PS4 - Just Dance 2019
- Oculus Rift Beat Saber, Sparc
- HTC Vive - Creed: Rise to Glory
- Xbox - Kinect Sports Rivals, Shape Up, Zumba Fitness World Party