

## Dear Parent/Carer

Your child knows that doing exercise helps to keep us fit and healthy and it is important for our well-being.

Get your child to tell you what they do at school to keep fit. Do they do any vigorous exercise? What are they doing now that they are at home?

**Exercise  
and  
well-being**



### Exercise Beans

Call out a type of bean, from the list, for your child to make appropriate movements. After a minute or so, call out another bean for your child to switch movements. Repeat in random order, sometimes changing actions quickly.

Other family members may like to join in.

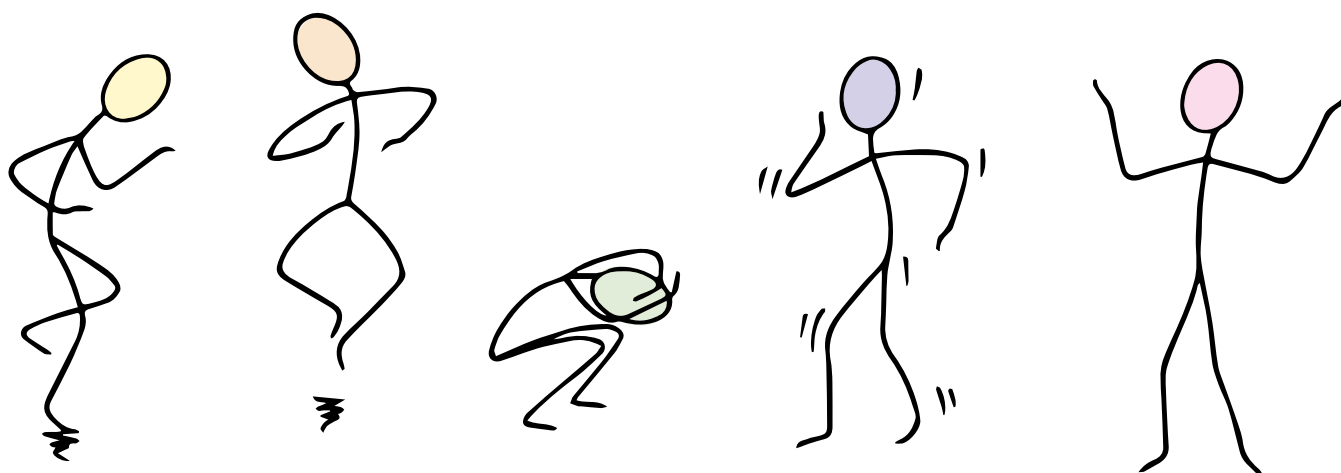
Talk about how a fun activity like this can help to keep us fit.

#### *Beans*

Runner beans  
Jumping beans  
Baked beans  
Jelly beans  
French beans

#### *Movements*

Running on the spot  
Jumping on the spot  
Crouch down, arms over head  
Shaking all over  
Open arm gesture, saying 'Oooh la la'





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## **Keep fit!**

Try a more energetic version. Don't forget to drink lots of water, especially if you get hot and sticky.

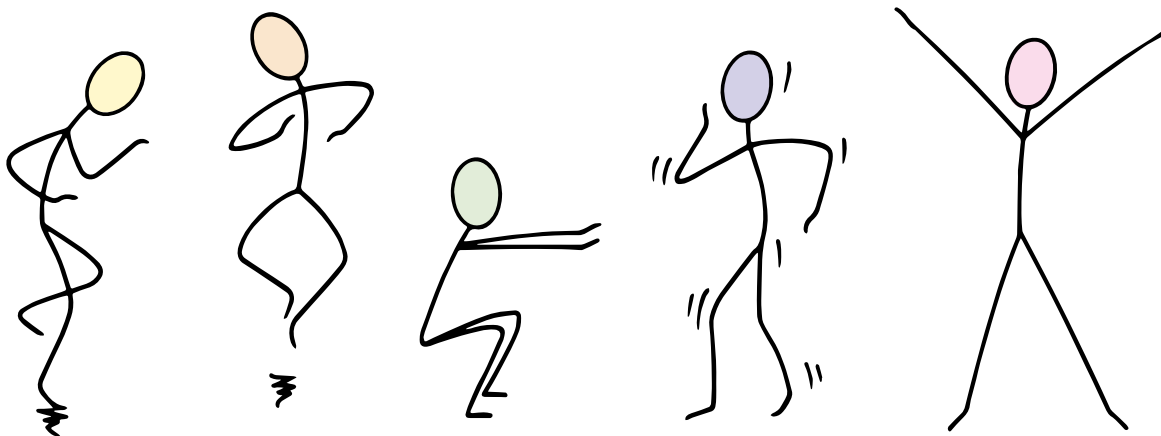
**Running on the spot** Jog where you are standing for 1–2 minutes.

**Swivel jumps** Put your left arm and left leg forward, and your right arm and right leg backward. Take a small jump to switch over to right arm and right leg forward, with left arm and left leg back. Do this 10–20 times.

**Star jumps** As you jump up and down, while you're in the air stretch out your arms and legs to the side, like a star. Do 20 jumps if you can.

**Squats** Squat up and down, keeping your back straight and your arms outstretched. Can you do this 10–20 times?

**Take a walk** Walk up and down the stairs 5–10 times, or round the block as fast as you can.



**Skip** Try skipping backwards as well as forwards. Can you skip in double quick time?

**Step-ups** Use the front step or bottom of the stairs to step up and down. Try to reach 50.

**Weight-lifting** Use tins of baked beans, one in each hand. Lift your arms up and down.



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## Exercise routines

Older children may like to work out their own ways of getting exercise.

Now over to your child  
to choose what  
to do

## WALK-A-HOP-A-RUN-A-JUMP-ALONG

Organise some fun exercise! Walk for 3 minutes; hop up and down for 2 minutes; run for 3 minutes; jump forward for 2 minutes. Challenge your mum and dad to have a go. Who is the best?



## WHAT ARE YOUR FAMILY'S VIEWS ON FITNESS?

Why keep fit? What are the best ways of keeping fit? What do other people in the family think? What do they do to keep fit?

## MAKE UP YOUR OWN FITNESS ROUTINE



Include warm-up, workout and cool-down. Try to do this three times a week.

Ask a family member to join in with you.



## TEAM FIT!

Imagine you are the coach for a football, hockey or netball team, or a dance group. Draw up a list of things to make the team members fit.



## ARMCHAIR EXERCISE

Everyone needs some exercise and everyone can exercise, although it is more difficult for some people. What kind of exercise is suitable for those who are elderly, use a wheelchair or cannot run. Could you devise some armchair exercises and share them with older relatives?

