

THINK YOUR KIDS ARE ACTIVE ENOUGH AFTER SCHOOL? THINK AGAIN



According to the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth,

Canadian children spend only 14 minutes (or eight per cent) of the after-school period engaged in heart-pumping physical activities. And with only seven per cent of kids meeting the current Physical Activity Guidelines of 60 minutes of moderate-to vigorous-intensity physical activity per day, it's not surprising that the Report Card grade for physical activity levels remains an **F**. That's a grade we all want to raise!



THINK ACTIVE EVERY DAY

Canadian kids can move more – especially after school! Physical Activity Guidelines recommend that children and youth get at least 60 minutes of moderate- to vigorous-intensity physical activity daily in order to live healthier, happier lives. You heard right – that's every day. Kids should participate in vigorous-intensity activities and muscle- and bone-strengthening activities at least three days per week.

MOVE FROM “F” TO “A”

Let's challenge our kids to get more active and see how they measure up. ParticipACTION has provided an activity guide packed with fun ideas for active things to do after school. Your children can do any of these activities on their own or with you, a caregiver or friends. Have your kids track their daily physical activity. At the end of the week, see how many days they've hit 60 minutes per day. Use the handy chart to assign a weekly mark.

Get ready, set, go! Look for the activity tracker on the back page of the after-school activity guide. Post one for each child in the house and see who can have the most fun getting an A.



MAKE AFTER SCHOOL COUNT




Here are some tips for you to help your children get the physical activity they need:

- Ask caregivers to use active transportation as much as possible (walk to/from school, stores, etc.).
- Restrict television viewing and video and computer games during the after-school period (3–6 p.m.).
- Encourage your children to participate in intramural activities after school.
- Become aware of the different options for safe parks and playgrounds in your community.
- Send children to school in clothes that promote physical activity and are appropriate to play in.
- Choose active video gaming to replace sedentary activities as long as your child is actually moving.
- Volunteer to supervise during recess or the lunch hour and assist in coaching after school activities.
- Investigate the availability of programs being offered at YMCA/YWCA, Boys and Girls Clubs of Canada, parks and recreation departments, etc.

Visit participACTION.com/afterschool to find resources and tips on physical activities for all ages, including safety information.

ACTIVE WAYS TO PLAY!

Hey, kids, this is your free time, and your only job is to make it active and to have fun. Here are some ideas to get you started, but we think you can come up with even more ideas on your own. Pick an activity that you love or try a new one. Don't forget to track how much time you spend doing your activity each week. See if you can beat your weekly total. Now turn off the TV and all your electronic toys and get ready, get set, PLAY!

 Great muscle-strengthening activity



 Great bone-strengthening activity

GAMES, GAMES, GAMES!



Kids have been playing games since prehistoric times. Round up some friends or try to beat your own time at individual activities.

CLASSIC GAMES

These games require very little or no equipment.





- ☐ Tug of war or stick pull 
- ☐ Red light green light
- ☐ What time is it, Mr. Wolf?
- ☐ Hide and seek or sardines
- ☐ Jumping jack tag
- ☐ Red rover
- ☐ Crab soccer
- ☐ Capture the flag
- ☐ Kick the can
- ☐ Jump rope 

GAMES WITH BALLS

- ☐ Kickball
- ☐ Shoot hoops at the local schoolyard  
- ☐ Four square
- ☐ SPUD
- ☐ Pick-up softball/baseball
- ☐ Hacky Sack
- ☐ Wall ball











FUN STUFF TO DO

All these activities require very little or no equipment, making them a low-cost option.

- ☐ Throw a dance party
- ☐ Climb a tree 
- ☐ Make an obstacle course
- ☐ Go tobogganing
- ☐ Play on the playground equipment 
- ☐ Roll down a hill like a log, run up the hill and do it again
- ☐ Build snow hurdles and time your run 
- ☐ Fly a kite
- ☐ Try active gaming
- ☐ Get on your bike and go
- ☐ Play hopscotch 
- ☐ Rake a massive leaf pile and jump in
- ☐ Host a hula hoop contest
- ☐ Set up a Frisbee golf course in your local park
- ☐ Run through the sprinkler
- ☐ Walk the dog
- ☐ Go on a squirrel safari
- ☐ Set up a lawn or snow bowling pitch
- ☐ Plan a mini Olympics – set up 5-10 fun summer or winter sports and challenge your friends

TRY A NEW SPORT

Most communities have parks, pools and playgrounds where you can give a new sport a try. If there is no organized program, gather up some other kids and make your own fun.

- ☐ Swimming 
- ☐ Tennis  
- ☐ Shinny or field hockey
- ☐ Soccer  
- ☐ Volleyball  
- ☐ Martial arts (e.g. karate)
- ☐ Handball
- ☐ Ultimate Frisbee
- ☐ Yoga
- ☐ Lacrosse
- ☐ Cricket
- ☐ Skiing/snowboarding
- ☐ BMX or mountain biking
- ☐ Cultural dances
- ☐ Rock climbing 
- ☐ Football
- ☐ Gymnastics  

GET YOURSELF TO WHERE YOU WANT TO GO

Coming home from school? Meeting friends? Walk, bike, scooter, wheel, skip or run. It all counts as physical activity!

GET PUMPED

There is more than one kind of physical activity. Some are more intense than others.

If you do very little, with practically no physical movement, that makes you...

SEDENTARY

If you do stuff that doesn't make you sweat or get out of breath, then your activity intensity level is...

LIGHT

If your heart is pounding but you can still talk, your activity is...

MODERATE

If you are so out of breath that you can't finish a sentence, then the exercise you are doing is...

VIGOROUS

LET'S MAKE THE GRADE

Moderate- to Vigorous-intensity Physical Activity (MVPA)

At least 60 minutes of MVPA daily for at least six days a week. More is even better.

A **WOW** YOU TOTALLY ROCK!!!

60 minutes of MVPA daily for at least five days a week.

B YOU KNOW IT'S FUN TO MOVE AROUND AND DO STUFF. WHY STOP SHORT?

60 minutes of MVPA daily for at least four days a week.

C YOU ARE A HALFWAY ACTIVE SORT OF A KID.

60 minutes of MVPA daily for at least two days a week.

D SO YOU KNOW HOW TO MOVE... WHY NOT TRY OUT SOMETHING NEW?

Less than 60 minutes of MVPA daily.

F HOLY COW! DO YOU REALIZE THAT YOU'VE BASICALLY DONE NOTHING ALL WEEK?



(DON'T) WATCH THOSE SCREENS! IF YOU SPEND MORE THAN TWO HOURS DAILY OF SCREEN TIME, DROP YOURSELF DOWN A GRADE LEVEL.

IT FEELS GREAT TO INVIGORATE!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	GRADE
<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite after-school activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite after-school activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite after-school activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite after-school activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite after-school activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite weekend activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p>Minutes of</p> <p>15 30 45 60 75 90</p> <p>Favourite weekend activity</p> <p>I spent less than 2 hours in front of screens today! <input checked="" type="checkbox"/> <input type="checkbox"/></p>	<p># of days of 60 min. MVPA</p> <p>My physical activity grade for the week!</p> <p>I spent less than 2 hours in front of screens every day! <input checked="" type="checkbox"/> <input type="checkbox"/></p>
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