Top Tips for an Active Out-of-School Lifestyle

Helping children stay active outside of school is a great way to support their physical health, confidence, and wellbeing. Here are some simple and fun ideas for primary-aged children and their families:

🌟 Make Activity Fun

- Choose activities children enjoy rather than focusing on exercise.
- Let children help decide what to do each week.
- Celebrate effort and participation, not just achievement.

🦘 Get Skipping!

Skipping is a fantastic activity because it's:

- Low cost and easy to do almost anywhere.
- Great for improving coordination, balance, and fitness.
- Fun alone or with friends.

Try these skipping challenges:

- How many skips can you do in 30 seconds?
- Learn a new skipping trick each week.
- Create a family skipping competition.

🚶 Walk More Together

- Walk to school when possible.
- Take a family walk after dinner.
- Explore local parks, trails, and nature areas.

🚲 Travel Actively

- Cycle or scooter to nearby places.
- Visit a local pump track or cycling route.
- Make active travel part of weekend family outings.

⚽ Play Outdoors Every Day

- Kick a football around the garden or park.
- Play tag, hide-and-seek, or obstacle courses.
- Use chalk for hopscotch and playground games.

🎯 Limit Screen Time

- Encourage regular movement breaks during gaming or TV time.
- Try a "Move for 10" challenge before screens.
- Balance screen activities with outdoor play.

👨‍👩‍👧‍👦 Be Active as a Family

Children are more likely to be active when adults join in.

- Go on family bike rides.
- Have weekend adventures outdoors.
- Play garden games together.

🌳 Explore Nature

- Go on scavenger hunts.
- Build dens or explore woodland trails.
- Collect natural items and create nature art.

🤸 Join Local Activities

- Try sports clubs, dance groups, martial arts, swimming, or gymnastics.
- Attend community activity sessions and family fun days.
- Encourage children to try new activities without pressure.

⭐ Remember

Every movement counts! Whether it's skipping, walking, cycling, dancing, or playing in the park, staying active should be enjoyable, inclusive, and something the whole family can do together. Keeping active regularly helps children develop healthy habits that can last a lifetime.