



## Tips on how to keep active after school

1

### **Make after school a fun, regular time for physical activity**

- Give children and youth the reins for their choice of physical activity. They can meet up with friends to play ball hockey, connect with other groups of kids and caregivers at the playground or join a team so it's fun, active, social – and what they want to do
- Make use of the programs and facilities offered at your local community centre. Have your kids sign up for different house leagues or take recreational classes at the appropriate skill level, such as basketball, soccer, gymnastics, dance and swimming
- Have your kids and teens walk, skate or bike to and from school
- When it's time to do yard work, make sure everyone helps. From shoveling snow to gardening, it is a great, family-oriented work out
- Ensure your regulated childcare provider offers, at least, the minimum standards of physical activity

2

### **Make after school physical activities a time to challenge your kids and build skills**

- Sign your children up for extra-curricular sports groups and teams at the earliest opportunity, so they can continuously develop skills. Make sure to keep it about the fun and not the competition
- Encourage your kids to participate in activities outside of school that can be tailored to the degree of structure and competitiveness they particularly prefer like skiing, snowboarding, dancing and running. Children and youth are more likely to participate if they find it personally satisfying and they can accomplish specific goals
- Show your support and try to attend as many events as possible. Positively encourage them and take notice of the steps they've made in refining their skills

3

### **Be smart about screen time**

- Set a maximum of two hours of screen time (computer, cell phone, TV and gaming) per day
- Make screen time active time; challenge the family to see who can do the most push-ups, jumping jacks or leg lifts during commercial breaks or break a new high score dance record through active gaming
- Remove TVs and computers from your child's bedroom

4

### **Lead by example – be a good role model**

- Make sure you live an active life. It's important for your kids to see you running, walking, playing sports regularly after work while maintaining a positive attitude
- Join parent- child activities or classes and encourage your other family members to come and cheer you on at games and performances
- Volunteer to supervise recess, during the lunch hour and assist in coaching after-school activities
- Build physical activity into every after-school period. If you aren't available after school, have a caregiver or babysitter take the lead and get your kids out bike riding, jumping rope, kicking around a soccer ball or playing hopscotch
- Join the school's Parent Council and speak up for increased after-school programs, including varied active opportunities. Suggest seasonal activities, physically active school trips (i.e. snowshoeing, trail hikes, etc.) and various sports clinics exposing students to more sports (i.e. fencing, lacrosse, etc.)
- Speak with the appropriate individuals who are responsible for school improvement plans, specifically addressing Physical Education and physical activity levels