

Health and Fitness

Prompts and Practical activities to try over the summer.

By Hemmings and Hussain

Guidelines

Children and young people need to do 2 types of physical activity each week:

aerobic exercise

exercises to strengthen their muscles and bones .

NHS guidelines

Guidelines

How much physical activity should children and young people aged 5 to 18 do to keep healthy?

- aim for an average of at least 60 minutes of moderate or vigorous intensity physical activity a day across the week
- take part in a variety of types and intensities of physical activity across the week to develop movement skills, muscles and bones
- reduce the time spent sitting or lying down and break up long periods of not moving with some activity. Aim to spread activity throughout the day.

NHS guidelines

Activities

Children and young people should do a range of different activities across the week.

Examples include:

- walking to school or walking the dog
- playground activities, including jumping, running and catching
- physical education
- sports, like football or tennis
- swimming
- skipping
- dancing
- skateboarding or roller blading
- cycling

NHS guidelines

Physical Activity at APS

We provide with 2 hours of Physical Activity every week to all the children.

Encourage children to pick a sport they like in PE and continue outside school by joining a club.

Sports related curiosity workshop to motivate children to try new sports.

Monday and Thursday is sport related CICI Club

Physical Activity at APS

Children have access to different equipment during outdoor play to keep active.

Parent Volunteers - We want more parents to volunteer help with after school club. At the moment we only one parent volunteer doing a club (netball).

Aim to start a mile a day or week during morning session or after school.

Mr Lewis and Mr Hussain - We have a Saturday football club (not school related) for all abilities to keep active at the flats. We have 95% of children come from APS.

Suggestions

How to build more activity into your life:

Redbridge council, getactive - fitness ideas for:

- [Busy mums and dads](#)
- [Families](#)
- [Young people](#)
- [Office workers](#)
- [Older adults](#)
- [Disabled people](#)

Ideas

Redbridge council, getactive - fitness for busy mums and dads

- Set a time for physical activity and stick to it. You're more likely to find time to be active if you do it at the same time and on the same days each week.
- Split activity up throughout the day - you can achieve your target in bouts of 10 minutes or more. See Redbridge council, get active or Waltham Forest Better Gym website (what we offer-kids activities) website for a range of activities.
- Walk your children to and from school. This will also help them develop a pattern of physical activity.
- Be active with your child. Take them to the swimming pool, or play in the garden or park. * Get ideas for fun activities from Change4Life (also great for nutritional ideas).

Ideas

Redbridge council, getactive - fitness for busy mums and dads

- Take up running. * Couch to 5K?
- Join a child-friendly summer club: Summer Club APS (On the Ball), Redbridge Holiday Clubs ...
- Cycle or walk part, if not all, of your journey to school
- Get off one bus or tube stop before your destination

*Sadly according to the Redbridge website free face to face training sessions are not currently available but do check the website for ideas, updates and links to training providers.

Ideas

Redbridge council, getactive - fitness for families

- When it comes to play, children should do what they enjoy most. Running around, having fun with other kids and burning off energy are great ways of getting some (or all) of their recommended 60 minutes of activity a day.
- Walking is a fun and easy way for children to get active while spending time with you and their friends.
- Have a disco in your lounge with your music. All you need are some great tunes and you and your children can have fun dancing anywhere.

Have a Splash

Redbridge council, getactive

- Fullwell Cross - One 25 metre swimming pool and a children's pool
- Loxford - One 25 metre swimming pool (Booking not available via the app)
- Mayfield - One 25 metre swimming pool



Swim for £1

Between Monday 24 July and Friday 25 August all children 15 years and under can swim for £1 at any of our swimming pools in Redbridge (Fullwell Cross, Mayfield, Loxford).

Children under the age of eight can also swim for £1 as long as they are accompanied by an adult.

- Under 4's: 1-1 adult to child
- 5-7 years old: 2 children to 1 adult
- Under 16's non swimmers need a competent adult supervising
- Accompany adults will be charged £4 off peak/£5.50 peak. Peak times are weekends

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Have a Splash & Holiday Courses

Waltham Forest Better Gym, kids activities

KIDS SWIM FOR £1

Enjoy a fantastic value swimming offer for children, allowing 11-17s to swim for just £1 (accompanying adults' usual admission applies). The offer is available on participating *Swim for All* sessions before 10am. Bookings are recommended to guarantee admission. Swim for All sessions are great for family and friends to have fun and spend some casual time together during the school holiday mornings and on the weekends during term time.

Full terms and conditions available at better.org.uk/offer-terms.



HOLIDAY SHORT COURSES



A holiday short course at [your local Better leisure centre](#) provide hours of fun and range from a variety of sporting activities including [swimming lessons](#) intensive courses, [gymnastics](#), [tennis](#) and more.

To find and book a holiday short course:

- [Click here to book](#) a holiday short course
- Enter your location plus activity
- Select 'Holiday and Short courses' in the left-hand filter (you'll also find 'Swim School Holiday courses' which you can filter separately)

Days and times will be confirmed as you select your booking.

[Discover lessons & courses](#)

Get on your Bike

Redbridge council, getactive and Redbridge Cycle Centre in Hainault

About the facility

Redbridge Cycling Centre is a facility for cyclists of all abilities, from families to competitive riders. The Centre has purpose built road, BMX & off road tracks and we have a large stock of hire bikes. The Centre can also provide cycle coaching to groups and individuals from complete beginners through to experienced riders.

Redbridge council, getactive and Redbridge Cycle Centre in Hainault

Biker's breakfast, a termly event...



Hit the Gym

Redbridge council, getactive

Try one of the free outdoor gyms

We have outdoor gyms in the following parks:

- Barkingside Recreation Ground
- Claybury Woods
- Clayhall Park
- Goodmayes Park
- Hainault Recreation Groun
- Loxford Park
- Ray Lodge Park
- Seven Kings Park
- South Park
- Valentines Park

[Check out the locations of all outdoor gyms](#)

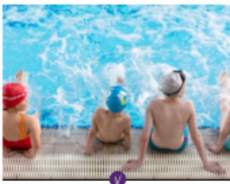
Summer Holiday Activities-MegaMix

Redbridge council, getactive, megamix

Redbridge Holiday MegaMix

During the Summer holidays there will be a variety of affordable taster sessions available for children aged 5+.

All sessions will be held in local facilities and venues in and around Redbridge.



Swim for £1



Cinema for £1



Other Activities



Children With Additional Needs

- **Advance booking required.**
- You will need to book and pay in advance for your child to attend your chosen activity.
- Spaces will be offered on a first come, first served basis.

Summer Holiday Activities- On the Ball

Get on the website/newsletter ASAP places go quickly.
(1/2 term and summer term sport camp, there is a cost except for FSM children)



Top tips

- If parents are physically active, their children are likely to be active too, so lead by example.
- Instead of watching TV, encourage your child to find fun activities to do on their own or with friends, such as playing chase or riding their bikes.
- Let your kids help decide what to do. Children are more likely to participate in something if they're involved in picking it.

