



Get up, get out...
get active!

GET ACTIVE
Gold Coast

Month - July 2011

Student Name:



activity
passport



Gold Coast Physical Activity *Alliance*
www.getactivegoldcoast.com.au

activity passport

What this all about?

Being physically active is really important.

- It helps our bodies grow.
- It builds strong bones and muscles.
- It is fun.
- It can be done almost anywhere - inside or outside.

Kids need at least 60 minutes (and up to several hours) of moderate to vigorous physical activity every day. This time can be built up throughout the day, during school time and at home.

Your activity passport will help record your daily activities over a week in July (Get Active Gold Coast month).

You can use the passport ideas in school as well as outside of school, as you...

*Get up, get out.. **get active!***

Moderate activity: like a brisk walk, includes lots of activities such as bike riding and active play.

Vigorous activity: activity that makes you huff and puff.

Kids need 60 minutes
Monday
of activity everyday...

I like to ...

Circle the smiley face if you were active today.



Activity Hint: Get active together.

Being active with your family and friends is lots of fun!

Kids need 60 minutes
Tuesday
of activity everyday...

Colour the ways you can get active and travel at the same time.



ride



drive



walk

Circle the smiley face if you were active today.



Activity Hint: Get active in travel.

A great way to get some more activity in your day is to walk or ride. Leave the car at home sometimes.

Kids need 60 minutes
Wednesday
of activity everyday...

Ethan's snacktivity
*Make a paper plane,
then throw it, chase it
and throw it again.*
(Year 1 student 2011)

Snacktivity:

Moving your body in a bite size activity; a snacktivity.
Draw a snacktivity that you could do at school.



Draw a smiley face if you were active today.



Activity Hint: Mix it up and keep it up.

Look for any way to be active. Ride your bike, kick a ball, throw a frisbee with friends or take the dog for a walk!

Kids need 60 minutes

Thursday

of activity everyday...

Ciarn's after school activity:

I love jumping on the trampoline.

(Prep student 2011)

After school, I like to ...

Draw a smiley face if you were active today.



Activity Hint: Get active any way you can.

Try some activities around the house; vacuuming, sweeping, cleaning your room or gardening. Impressive!

Kids need 60 minutes

Friday

of activity everyday...



Shake it up high,
shake it down low,
shake it to the side...

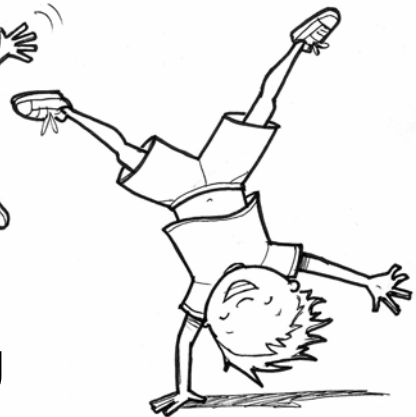
Circle and colour the active actions.



Watching TV



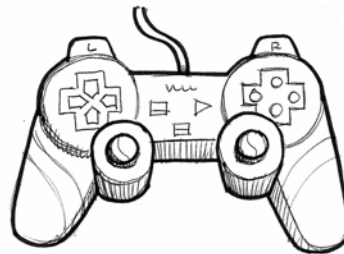
Jumping



Cart wheeling



Dancing



Playing console games

Draw a smiley face if you were active today.



Activity Hint: Reduce screen time.

Try spending less than 2 hours a day in front of the TV or computer - you could make up a brand new activity!

Message from

Gary Ablett



Hi Gold Coast schools.

Congratulations on completing your activity passport during Get Active Gold Coast month (July) 2011.

I had so much fun being an active kid! As an adult, I have made a career out of being active. You may not want to be a professional athlete, but being active will help you enjoy a healthy life.

Get active in lots of ways during your day - it all counts! Mix up your activity and you will soon find out what you enjoy and what you are good at.

Find out what's on offer by visiting the Get Active Gold Coast website. What are you waiting for?

Get up, get out...get active!

Gary Ablett (Captain, Jumper #9)

A Gold Coast Physical Activity *Alliance* initiative.

Supported by: Gold Coast City Council and Queensland Government

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