

# ACTIVE KIDS DO BETTER!



WE'RE NOT SURE  
EXACTLY WHEN KIDS  
STOPPED MOVING,  
BUT TO GET THEM  
MOVING AGAIN WE  
NEED YOUR HELP.

**ACTIVE KIDS DO BETTER**  
IS ABOUT MAKING LITTLE CHANGES  
BOTH AT HOME AND AT SCHOOL

AVAILABLE FOR FREE TO ALL PRIMARY SCHOOLS

#ActiveKidsDoBetterUK  
[WWW.ACTIVEKIDSDOBETTER.CO.UK/MOVE](http://WWW.ACTIVEKIDSDOBETTER.CO.UK/MOVE)

# 5

## QUICK WINS SCHOOLS CAN IMPLEMENT TODAY

### 1 ENCOURAGE BASIC MOVEMENT SKILLS



Movements like walking, running, jumping, throwing, catching, and skipping are the building blocks of a child's physical, cognitive and social development.

### 2 GIVE CHILDREN BREAKS



Building activity breaks into lesson time, using movement to help teach academic concepts, and rewarding children with extra physical activity time are great ways to get started.

### 3 MIX IT UP



Giving children choices and a chance to experience variety in physical activity increases movement and decreases boredom.

### 4 CELEBRATE GREAT TEACHING



For children to get the most out of physical activity, they need grown-ups to create a positive, fun, inspiring environment.

### 5 INCREASE HEART RATES



Cardio fitness is a critical factor when it comes to academic performance. Use activities like star jumps, jogging on the spot, or skipping that get children breathing hard as often as possible. The better the fitness level, the better the performance in school.

Made to Play

Discovery  
EDUCATION

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