

Lesson 6

Family activity sheet



Staying active for you and the planet

Your child has been learning about being more active. **Why not aim to sit less and move more as a family this week?**

You could plan to try a new activity together. To get you started, how about:

- > visiting a new park;
- > going for a walk in the woods;
- > making up a new game using household items (like 'sock skittles' below!);
- > going swimming.



Sock skittles!

You will need:

- > 5x empty plastic bottles, e.g. shampoo, washing-up liquid, squash or drink bottles.
- > 1 pair of adult socks folded-in to make a ball.

How to play:

1. Stand the bottles in a little group, on flat ground.
2. Take 7 steps away from the bottles.
3. Throw the rolled socks at the bottles and try to knock as many over as possible.

You'll need to decide on your family rules for this game!

Swap the car for feet!

A great way to get moving more and reduce pollution is to walk short journeys, instead of using the car or other transport.

This week, you could:

- > plan to walk some of the journeys you usually travel by car or other transport;
- > take the stairs instead of a lift or the escalator;
- > park the car, or leave public transport one stop away from your destination and walk the final part;
- > cycle or rent a bike for a ride around the local area or park.

