

Active Play at Home!

Be FITT

- **Frequency** (how often) – your child needs active play every day
- **Intensity** (how hard) – A Happy Heart
- **Type** (what kind) – any fun activity that uses muscles and movement
- **Time** (how much) – your child needs three hours of active play, but not all at one time. Take many active play breaks during the day.



A HAPPY HEART

- Have your child place a hand over their heart and ask, “**What do you feel?**”
- Explain, “**That is your heart beat! When the body is at rest it beats slow.**”
- Do a short activity to increase their heart rate. Try jumping or running.
- Explain, “**Your heart beats faster when your body is working harder! You have a Happy Heart!**”

When your child is active they may breathe hard, feel warm or even sweat. This is great!

FUNDAMENTAL MOVEMENT SKILLS

Fundamental Movement Skills are basic movements your child should learn. There are three types:



- **Locomotor**– your child moves from place to place, like walk, run, jump or hop
- **Manipulative**– your child controls an object like a ball, and kicks, catches or throws
- **Stability**– your child controls their body using their muscles to balance, stretch, twist or turn

Help your child learn these movements by having the whole family play together. Your child needs active play every day. Make it fun!