

Active Play at Home!

Getting Your Patients Moving

THE FITT PRINCIPLE

- **Frequency** – daily
- **Intensity** – heart rate measurement
- **Time** – bursts of activity throughout the day
- **Type** – any fun activity to emphasize fundamental movement skills



A HAPPY HEART

- Have 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 the heart rate. Try jumping or running.
- Explain, “**Your heart beats faster when your body is working harder! You have a Happy Heart!**”

When a child is active they may breathe harder. They may feel warm or even sweat. This is great! It shows a child is moderately to vigorously active.

FUNDAMENTAL MOVEMENT SKILLS

The building blocks of all movement:

- **Locomotor** – moving through space, i.e. walk, run, jump, hop
- **Manipulative** – control of an object, i.e. catch, throw
- **Stability** – control of one’s body, i.e. bounce, balance

Remember these simple Fundamental Movement Skills can be done in small spaces.

