

# Parents and #HPEday



**National Health &  
Physical Education**

**DAY**  
2 SEPTEMBER 2020

*Good for Children, Good for Schools, Good for Communities*

**ACHPER**

Australian Council for Health, Physical Education and Recreation



## What can you do to get involved?

Most children's waking hours are spent sitting at school and at home, so we need to integrate opportunities to get them to be more active as part of everyday life.

Below are six simple ways you can incorporate 30 minutes of physical activity and also reduce sedentary lifestyles at home on National HPE Day. Doing these activities with your child will (over time) make a substantial difference to their health and learning outcomes, and establish good habits that will stay with them throughout their entire life.

### Set aside time to be active as a family



### Unplug the technology and play



### Walk the walk by being a positive role model



### Use active modes of travel



### Visit a local club and play organised sport



### Teach your children fundamental movement skills



[www.hpeday.com.au](http://www.hpeday.com.au)