

# Planning Physical Activity Together



Physical activity is good for everyone. It is good to do with a partner. Physical activity partners can plan together to choose what to do.

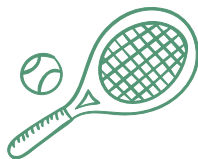
The aim of this resource is to support children and parents (or carers) to plan physical activity together. This page provides a summary of your plan. You could put it on the fridge to remind you.



**Who?** \_\_\_\_\_

**Where and what?** \_\_\_\_\_

**How?** \_\_\_\_\_



**Is there anything you need to do before the activity?**

Do you need to pack a bag/ find equipment/ book a court? Find someone to look after any children who aren't part of the activity?



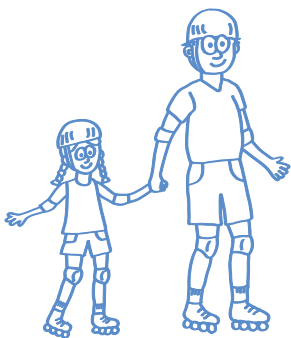
**When?**

Day: \_\_\_\_\_ Time: \_\_\_\_\_

**Why?**

Child: \_\_\_\_\_

Parent: \_\_\_\_\_



**Keeping Safe.**

Physical Safety \_\_\_\_\_



Managing emotions \_\_\_\_\_







**Stopping?** \_\_\_\_\_





**Did you make this plan together?** Yes  No

**Are you both happy to try out your plan?** Yes  No

# After Activity Review

How much did you enjoy doing this activity with your physical activity partner?

**Child:**            
 You could tell your partner why you gave this score

**Parent:**            
 You could tell your partner why you gave this score



Can you think of any ways that you could change what you did together to improve it for next time? Or increase your enjoyment of it?



**Child:** "Next time I would like to..."

\_\_\_\_\_

**Parent:** "Next time I would like to..."



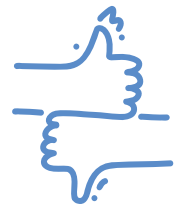
\_\_\_\_\_

How can you work together to achieve what each of you want?

\_\_\_\_\_

Should we do this activity again?

**Child:** Yes  No  **Parent:** Yes  No



Do you want to do this activity together regularly?

Yes  No

When are you being active together again?

\_\_\_\_\_

