



### 2nd Practical exercise title: *Let's Enjoy Moving!*

1. Introduction: To increase the physical activity required to complete healthy development of children, to support bone growth, to maintain healthy physical weights, or to protect against future chronic diseases

2. Target group : All children

3. Key Words: Exercise / Sports, movement, sports with amusement

4. Purpose of the practical exercise: Exercise for health, healthy weight control, keeping the body health, avoiding too much energy

5. Specific reason why this practical exercise has been developed: Exercise for motionless children, support for muscle and bone development in children, increase in self-confidence.

6. Materials: Bike, skateboard, skate, helmet, knee savers

7. Description & Instruction:

Step 1 (Monday) : Bike ride with parents for approx. 400 calories in 30 minutes

Step 2 (Tuesday) : The Skate boarding with parents approx. 120 calories in 30 minutes

Step 3 (Wednesday) : Roller skating with parents approx. 150 calories in 30 minutes

Step 4 (Thursday) : Skating parents or walking with children approx. 180 calories in 30 minutes

Step 5 (Friday) : Dance activities together with all family members approx. 300 calories in 30 minutes

Step 6 (Saturday - Sunday) : Shopping weekly needs of kitchen to buy healthy foods. approx. 350 calories in 150 minutes can be divided in equal in weekend which means 175 calories in each day.

With all these practices, it is possible to plan to organize activities together with the family on a regular basis every day and train their children, motivate them to move much more than ever.

Approx. 1500 calories in each week which means 6000 calories in a month, 6000 calories must be the monthly target.

8. Results of the practical Exercise:

- To preserve the health of your body,
- Teaching the importance of exercise for growing children

9. Queries & Consideration

Exercise implemented by a specialist has an important place in weight loss and weight management.

Unconscious diet and exercise lead to gain more weight.

Healthy development and bone health are only possible with regular diet and exercise.

**Açıklama [u1]:** 2 ideas : 1 explain for each activity how many calories are burnt and suggest a week plan (e.g. Monday 10 km by bike...) Or suggest a obstacle course that can use also this kind of tools



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10. Conclusion: To exercise more calories and strengthen the development of muscle and bone tissue by doing healthy exercise.