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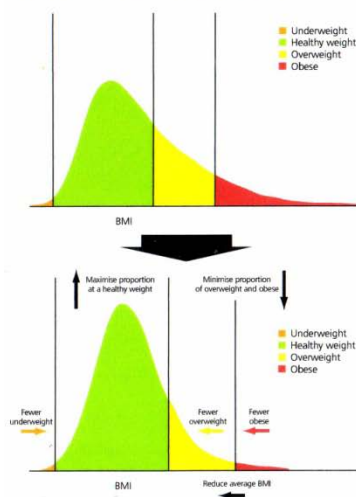
## THE SEEDS OF LIFELONG PARTICIPATION

So, how does all of this help your child?

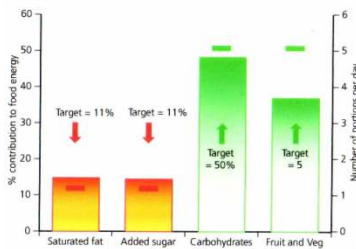
Take a look now at our lifelong participation chart:



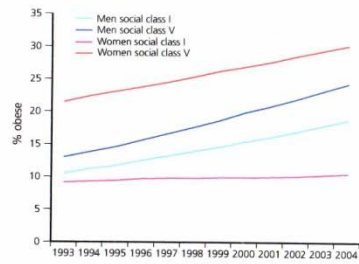
**Illustrative chart of shifting weight distribution in the population to a healthy weight**



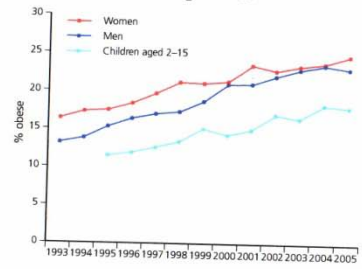
**Consumption of selected nutrients and fruit and vegetables vs recommended levels**



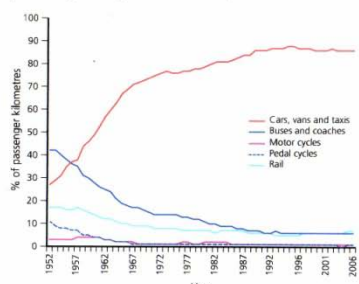
**Trends in Obesity Prevalence 1993–2004 by Social Class I and V**



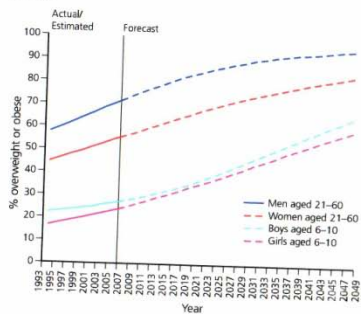
**Obesity prevalence trends from 1993 to 2005 adults, and children aged 2–15**



**Passenger transport by mode (billion passenger km, 1952 to 2006)**



**Forecast trend in the proportion of adults and children who are overweight and obese, to 2050**



The government have recently issued some guidelines, ( well nothing new there, is there?)

However... these are quite staggering

The average amount of time spent in school on PE increased from 101 minutes per week in 2004, to 115 minutes from 2007 – over £1.37 billion has been spent on this via Lottery and Government funding.

Hmmmmmm!

What are they trying to do here and why?

The aim of the Department for Children Schools and Families, was to get 2 hours of sport per child per week. The prime Minister announced in 2007, that a £100 million campaign was to give every child a chance to participate in 5 hours of sport per week by 2010.

Now why is this issue being given so much of a high priority?

Take a look at the chart on trends – this is showing us a number of very worrying concerns:

- A large percentage of the population is overweight or obese. The trend is that people are getting fatter (men and women. Men at a faster rate than women. So are CHILDREN, increased 5% in the last 10 years)!
- Most of us are not taking our daily input of recommended fruit and vegetables i.e. not eating healthily.
- Passenger transport is dropping and we are becoming more dependent upon our cars.
- If we continue this trend by 2050 the forecast is that over 90% of men aged 21 – 60 will be overweight or obese! Women 80% and children's statistics will treble to 60%.

HET aims to break this cycle by offering a choice to empower families to participate together in PHEW!

Have a look at our games curriculum chart and you will get an idea of what your child is currently being offered at school in the way of physical activity as part of their games curriculum.

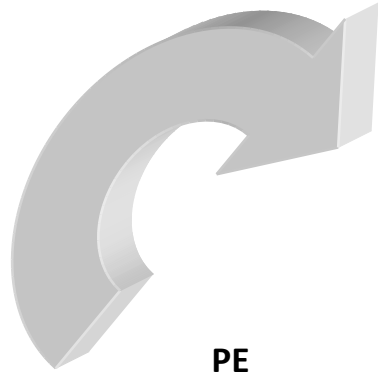


<b>AGE</b>	<b>KEY STAGE</b>	<b>GAMES CURRICULUM</b>	<b>PROGRAMMES</b>
16	4	<b>SPECIALISATION IN GAMES AND ROLE</b>	<ul style="list-style-type: none"> <li>• Adapt Advanced Strategies and tactics to players strengths and weaknesses.</li> <li>• Performance and analysis of Advanced techniques.</li> <li>• Understanding of rules, fair play</li> <li>• Practice to refine techniques.</li> <li>• Play different positions</li> <li>• Experience full version of games</li> </ul>
14	3	<b>NATIONAL GOVERNING BODY REGULATION GAMES</b>	<ul style="list-style-type: none"> <li>• Develop techniques, strategies, tactics specific to each games</li> <li>• Observe etiquette and rules/laws</li> <li>• Make up own games, work from Simplified to full game in variety of games.</li> <li>• Play variety of roles including officiating</li> </ul>
11	2	<b>NATIONAL GOVERNING BODY- MINI GAMES</b>	<ul style="list-style-type: none"> <li>• Understanding of Defence and Attack of a variety of sports.</li> <li>• Improve skills, make up own games, develop own scoring</li> <li>• Simplified versions of proper games.</li> </ul>
7	1	<b>FORMAL GAMES: GAMES MAKING</b>	<ul style="list-style-type: none"> <li>• Explore and be guided to an understanding of common Skills and principles</li> <li>• Experience using a variety of Games - equipment, practice</li> </ul>
5		<b>SKILL CHALLENGE GAMES</b>  <b>FAMILIARISATION</b>	<ul style="list-style-type: none"> <li>• Develop a variety of ways of sending, receiving and</li> <li>• Travelling with a ball.</li> <li>• Awareness of space and other players.</li> <li>• Make up and play games, simple rules, involve one other person, partner.</li> </ul>

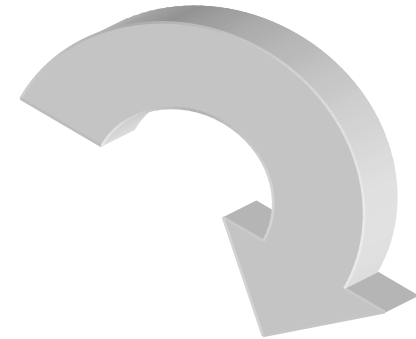


# LIFELONG PARTICIPATION

Activities outside of School



**PE  
CURRICULUM**



**COMPETITIVE  
SCHOOL SPORT**

**YOUNG**



**PEOPLE**



**CLUB LINKS  
Sport Development**



**This is the cycle that children and young people who are not sports gifted and talented or sports motivated find it difficult to break into in order to enjoy informal and recreational physical activity.**

**Exercise purely for the sake of enjoyment!**

**Enter....**

**PHEW!**



Please now take a PHEW minutes to monitor the level of your child's physical activity over a week. This exercise is more valuable if you sit down with your son / daughter and complete the diary sheet together.

**PLEASE NOTE THAT IF YOUR CHILD HAS ANY MEDICAL CONDITION – THIS CAN AFFECT THEIR PARTICIPATION IN PHYSICAL ACTIVITY AND YOU SHOULD CONSULT YOUR DOCTOR AND INFORM YOUR CHILD'S SCHOOL!**

***From this point forward we address your son /daughter through these materials but suggest that you as a parent /carer, work through them together and link them into the Reward Chart stepping stone.***

This does not just include only what PE lessons are done at school but can include playing in the garden / park etc.

Your diary includes 4 sections to be completed on how time is spent:

Curriculum / after school activities	<b>IN SCHOOL</b>
Competitive sports and teams	
Community activities and clubs	<b>OUT OF SCHOOL</b>
Parental / family activities	

RECORD 1

A RECORD OF MY EXERCISE THROUGHOUT THE WEEK - From ..../...../..... To ..../..../.....

	In School	Time	In School	Time	Outside School	Time	Outside School	Time
<b>Monday</b>								
<b>Tuesday</b>								
<b>Wednesday</b>								
<b>Thursday</b>								
<b>Friday</b>								
<b>Saturday</b>								
<b>Sunday</b>								
	Curriculum, After school	<b>Mins</b>	Competitive Sports/Teams	<b>Mins</b>	Community Activities/Clubs	<b>Mins</b>	Parental/Family Activities	<b>Mins</b>






Now having got a good idea about your child's level of physical activity – How does this relate to the recent government guidelines?

- Is your child achieving 60 minutes of moderate physical activity a day? **Y /N**
- By '**Moderate**' we mean being able to talk to someone whilst you are doing physical activity. **Y /N**
- Is your child achieving '**vigorous**' exercise at least twice per week? **Y /N**  
(this means sweating!)

**Now have a look at to see where you are on our scale of  
'How I am doing' ?**

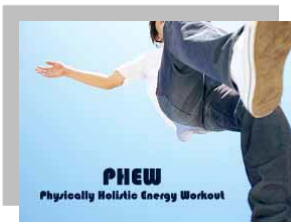


## HOW AM I DOING ?

1 NOT VERY GOOD	2 NEED TO DO BETTER	3 AVERAGE	4 GETTING THERE	5 GREAT ! YOU'RE A STAR
LESS THAN 20 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 30 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 40 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 50 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	60 MINS OF MODERATE PHYSICAL ACTIVITY EVERY DAY
				
Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N

Now you need to think about what you can do that can improve your rating on this scale.

Firstly we need to know how **MOTIVATED** you are to increase your **PHYSICAL ACTIVITY LEVELS** – this means how much do you want to do this???



## MOTIVATION

You can be highly motivated, fairly motivated, not at all motivated - this is what call STRENGTH

Now, think about what you are motivated towards doing? Team games e.g. football? Individual sports e.g. swimming? Walking the dog?

This is what gives us DIRECTION

**ANSWER THE FOLLOWING** (Give a number rating for each section) **SECTION A** - Motives (reasons) for exercise

<b>I WANT TO EXERCISE FOR THE REASON OF</b>	5 very motivated	4 fairly motivated	3 neutral	2 not very motivated	1 not motivated at all
<b>Body Shape e.g. Looking good</b>					
<b>To mix with other people</b>					
<b>Competition – improving my performance</b>					
<b>Challenge / excitement</b>					
<b>Recreation – just like doing it</b>					
<b>Physical Fitness</b>					
<b>General health / well being</b>					
<b>Hobby / Time filler</b>					

**SECTION B**

Exercise Motivation

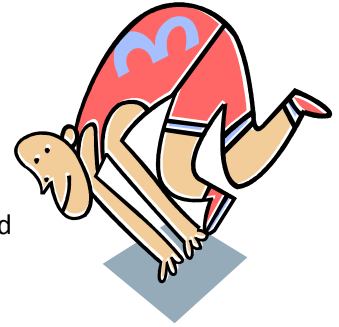
<p><b>HOW MOTIVATED TO EXERCISE ARE YOU?</b>   <b>LOOK AT YOUR RATINGS FROM THE LAST EXERCISE  AND CHOOSE WHETHER THIS MAKES YOU  OVERALL.....</b></p>	<p>5   very motivated</p>	<p>4   fairly  motivated</p>	<p>3   neutral</p>	<p>2   not very  motivated</p>	<p>1   not motivated  at all</p>

**SECTION C**

General self motivation

<p><b>ARE YOU THE SORT OF PERSON WHO CAN STICK TO  CARRYING THINGS THROUGH EASILY?  CALL YOURSELF MOTIVATED?</b></p>	<p>5   Definitely</p>	<p>4   Yes, most of  the time</p>	<p>3   Yes, some of the  time</p>	<p>2   neither yes nor  no</p>	<p>1   Definitely no</p>

## So...Let's get STARTED!



The first thing to do now is to work out what do you want to do?

Look back now to the chart that you filled in on your motives – which ones did you score the highest for ?

*e.g. Body Shape e.g. Looking good scored 5 = very motivated*

Now you need to think about what sort of activities you could do that would help you look good?

- *Now you need to find out what is happening in your school?*

*Write down some notes on what you have found out here.*

- *What is happening in your community e.g. clubs & sports centres etc.?*

*Write down some notes on what you have found out here.*

- *What exercises can you do with your friends?*

*Write down some notes on what you have found out here.*

- *What could you do at home or with your family?*

*Write down some notes on what you have found out here.*

*e.g. Walking the dog, gardening, fetching the shopping, run round the block, etc.*

***PHEW will help you with this one!***

Which of these activities help you and would you enjoy doing?

- When do they take place?
- Where do they take place?
- What would you need to do this activity?

<p>What might prevent you from doing these activities? <i>e.g. transport? Cost? No-one to go with? No equipment or sports gear?</i></p>	<p>How could you solve this problem?</p>
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<p>Who could help you find out this information and help you make decisions about this? <i>Your parents / brothers / sisters / teachers / coach / friend / local sports centre staff?</i></p>
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## Now we need to set goals:

This means what you are now hoping to achieve and when you are going to do it.

To help you do this you need to look back at the chart you filled out with your parents about what exercise you were doing at the time ( Record sheet 1).

**Now** you need to fill in another chart with what you would like to be achieving from now on (This is Record sheet 2).

But.....

We did say that PHEW could help you improve your level of physical activity at home and with your family:

Here's HOW:-

- Volunteer to help our parents in the garden – Digging, weeding, planting out, mowing the lawn,
- Errands to the shops – instead of going in the car
- Helping out a neighbour who could be elderly or not well
- Wash and clean the car without going to the car wash
- Tidy up / vacuum round
- Help decorate
- Walking the dog / Walking someone else's dog ( with their permission of course!)
- Walking up and down stairs carrying two bags of sugar
- Walking to school instead of going to the car or catching the bus – or at least get off two steps earlier



You never know – you could earn extra pocket money as a bonus!

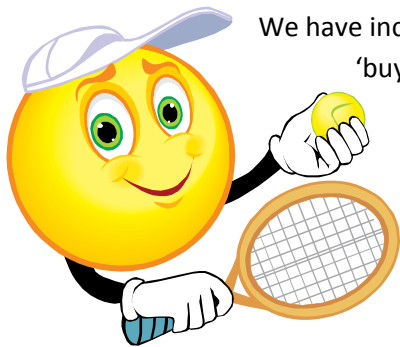
Sometimes when we make promises to ourselves it is a bit difficult to keep them. I'm sure you know what that feels like when you have set New Year resolutions???

It is always easier if you make a contract with someone else and so we have put some suggestions in as to how you could go about this.

You could invite a friend to become an exercise buddy and check out your progress regularly with you ( or even make an exercise pact with you to keep you on course)

You could involve your parents in your contract which could become part of your reward chart system – you could achieve extra rewards for making your exercise targets

Or you could use your exercise tokens to buy back crosses on your REWARD chart on days when you 'BLIP'!



We have included one below that you can copy and either stick on card to make a 'buy- back' token, when you get a cross on your reward chart – or use it as an extra reward sticker – for achieving your exercise targets for the week! ( This involves completing your RECORD sheet 2 for each week!)

The ball is in your court!



Here is an emoticon that you could use for your tokens or reward chart stickers on weeks when you have met your PHEW targets!

Or even better – DESIGN YOUR OWN!



## RECORD SHEET 2 - MY GOALS AND TARGETS

ACHIEVING 60 MINUTES OF MODERATE PHYSICAL ACTIVITY EVERY DAY .....AND DO VIGOROUS EXERCISE AT LEAST TWICE A WEEK

MY PHYSICAL ACTIVITY PROGRAMME ( WEEK .....to.....)

TOTAL FOR THE WEEK \_\_\_\_\_ MINS

	In School	Time	In School	Time	Outside School	Time	Outside School	Time
<b>Monday</b>		Mins		Mins		Mins		Mins
<b>Tuesday</b>								
<b>Wednesday</b>								
<b>Thursday</b>								
<b>Friday</b>								
<b>Saturday</b>								
<b>Sunday</b>								
	<b>Curriculum, After school</b>		<b>Competitive Sports/Teams</b>		<b>Community Activities/Clubs</b>		<b>Parental/Family Activities</b>	

## EXERCISE CONTRACT

( Guidelines for Children are a minimum of 60 minutes of moderate physical activity every day .....and do vigorous exercise at least twice a week )

I, \_\_\_\_\_ WILL BE ACTIVE \_\_\_\_\_ DAYS A WEEK FOR AT LEAST \_\_\_\_\_ MINUTES UNTIL

DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_.

The Activity or Activities I will do is ( are ) :

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Signed ..... Parent..... HET.....Date.....



Be a HET COACH

'En **PHEW** s' the family !

HET wants **YOU, COACH** to show your

'EN **PHEW** SIASM'

FOR PHYSICAL ACTIVITY

**BY ENCOURAGING FAMILY MEMBERS**

**MOM**

**DAD**

**BROTHER/S**

**SISTER/S**

**DOG!**



....TO NAME A '**PHEW**'

JOIN THE '**PHEW**' SIASTIC FAMILY SCHEME

PLUS

PLUS

<b>Points from your PHYSICAL ACTIVITY Programme</b>	<b>Points from your PHYSICAL ACTIVITY Of FAMILY MEMBERS</b>	<b>BONUS POINTS From the DOG</b>
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As well as working towards your own targets you can become a **HET COACH** by supporting your family members to work towards increasing their own physical participation levels.






Here's **HOW** to score your points and fill in **RECORD 3** sheet:-

**FIRSTLY – SCORING YOUR OWN POINTS....**Go Back now to your weekly physical activity recording sheet where you worked out how many minutes a week you are spending right now on exercise, in and out of school, **RECORD 1** sheet. Then refer to the one where you set your goals, **RECORD 2**.

This is all about whether or not you are achieving your targets and goals that you are setting for yourself and getting rewards for working towards the GUIDELINES.






Working from your **RECORD 2** sheet each week you need to total up the number of minutes of physical activity over the whole week. Fill in the total at the top of each sheet **RECORD SHEET 2**.

Let's look again at your rating scales for **RECORD 1** sheet – you will have fitted into one of these categories BY SCORING 1 - 5:

<b>1 NOT VERY GOOD</b>	<b>2 NEED TO DO BETTER</b>	<b>3 AVERAGE</b>	<b>4 GETTING THERE</b>	<b>5 GREAT ! YOU'RE A STAR</b>
LESS THAN 20 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 30 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 40 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	LESS THAN 50 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY	60 MINS OF MODERATE PHYSICAL ACTIVITY EVERY DAY
				
Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N	Vigorous activity Y/N

**NOW**, you should be aiming to improve those performances every week and build your way up to scoring 5 – SUPERSTAR level!

**RECORD 3** Sheet is about showing your progress over 5 week blocks and getting points for improving your performance

1 HET POINT NOT VERY GOOD	2 HET POINTS NEED TO DO BETTER	3 HET POINTS AVERAGE	4 HET POINTS GETTING THERE	5 HET POINTS GREAT ! YOU'RE A STAR	Bonus Points	Bonus Points	Bonus Points	Bonus Points
<p>LESS THAN 140 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>141 - 210 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>211 - 280 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>281 - 350 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>350 - 420+ MINS OF MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>Vigorous activity x 2 week Y/N 1 point per week for Y</p>	<p>1 point from each family member making their own personal targets per week.</p>	<p>Include 1 bonus point for taking a dog for a walk x 2 per week.</p>	<p>Include 1 bonus point for including a <b>GREEN</b> exercise activity in <b>your</b> exercise targets per wk</p>
Wk1								
Wk2								
Wk3								
Wk4								
Wk5								
TOTAL								

**RECORD SHEET 3 – TOTAL HET COACH POINTS FOR 5 WEEKS \_\_\_\_\_**

The Idea now is to record your scores from your 'goals' sheet (– **RECORD SHEET 2**) over 5 consecutive weeks.

This then records THE TOTAL NUMBER OF MINUTES YOU HAVE ACHIEVED EACH WEEK OVER 5 WEEKS – YOUR MAXIMUM MINUTES WOULD BE 2100 + MINS AND YOUR MAXIMUM SCORE WOULD BE 25, over the 5 weeks.

Each week you would then have a POINTS rating of between 1-5 points depending on the rating for that week.

### **BONUS POINTS**

If you have been INCLUDING SOME VIGOROUS ACTIVITY ( WHERE YOU SWEAT) AT LEAST TWICE A WEEK)! You should give yourself an extra BONUS point for that week

This is what the government has worked out to be a healthy guideline for children and young people!!!

**NOW....** How to increase your score **EVEN MORE** by getting the **FAMILY** involved:

**ADULT FAMILY MEMBERS WILL NEED TO READ THROUGH THE 'PHEW 1' PACK OF MATERIALS TO CHECK THEIR OWN EXERCISE AND HEALTH LEVELS BEFORE STARTING AN EXERCISE PROGRAMME FOR THEMSELVES!**

Once they have done that you need to enter into an exercise contract with them (we have included a contract sheet below for you to fill in with adults in your family) – just as they have entered into one with you.

**NOW.....** You will need to fill in the **HET COACH SHEET** to include every member of your family , this monitors their targets and goals, and just as you do for yourself, you will need to fill in these results onto YOUR **RECORD 3 SHEET**

The total number of minutes will need to be transferred from **HET COACH SHEET**, for each adult and each of your brothers and sisters.

**An Adult's goal according to government guidelines for healthy adults should be 30 minutes of moderate activity 5 times a week.**

When an adult in your family has made this target - then YOU score an extra point too – Add this on to your **RECORD 3** sheet.

**A child or young person of school age should be achieving 60 minutes per day + 2 sessions of vigorous activity per week.**

When a brother or sister in your family has made this target - then YOU score an extra point too – Add this on to your **RECORD 3** sheet.

**NOW....** How to increase your score **EVEN MORE** by getting the **DOG** involved:

If you include dog walking for a minimum of 30 minutes as one of your physical activities for the week - - then YOU score an extra point too – Add this on to your **RECORD 3** sheet.

If you do not have a dog then don't worry – find someone who has and is willing to let you help you help them by taking their dog out!

**NOW....** How to increase your score **EVEN MORE** by getting involved in **GREEN EXERCISE**:

If you include a GREEN EXERCISE activity as part of your personal activity during the week - then YOU score an extra point too – Add this on to your **RECORD 3** sheet.

What is GREEN EXERCISE?

Green Exercise is any informal physical activity that takes place outdoors: from gardening, cycling and walking in urban green areas, to kite flying and conservation projects in the countryside.



You can also include doing green exercise in your own back garden

And by turning your house into a gym – you do not have to spend vast amounts of money joining a gym to keep fit:

For our Eco projects at Willow Bridge we tried out lots of green exercise ideas. Here are just a PHEW of them. Think of your own ideas and post them on [www.HETwebsite.com](http://www.HETwebsite.com)

A photograph showing a row of several empty plastic milk containers of different sizes and colors (white, blue, green) lined up on a wooden surface. These are intended to be used as weights for exercise.	<p>No need to spend money on weights – fill up and recycle empty milk containers, with water or sand – weigh them and work out!</p>
A photograph of two people standing in a barn-like setting. They are both holding up large plastic milk containers with their arms extended horizontally, demonstrating how they are used as weights for exercise. A dog is visible in the background.	<p>How long can you hold them for? Even Ruby wanted to try this one out</p>



Then go through your work out routine.  
Daisy wasn't going to be out done by Ruby,  
you notice!



Practical alternatives to the weight routine.  
Can you come up with a better idea?



Using whatever materials you can find and  
being inventive is a game in itself.



Olympic hopscotch?



Even chores can be fun when you are inventive



Even Daisy found a way to join in!

**HET COACH - EXERCISE CONTRACT (for parents/carers)**

( Guidelines for Adults are a minimum of 30 minutes of moderate physical activity x 5 days a week )

I, \_\_\_\_\_ WILL BE ACTIVE \_\_\_\_\_ DAYS A WEEK FOR AT LEAST \_\_\_\_\_ MINUTES UNTIL

DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_.

**The Activity or Activities I will do is ( are ) :**

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**Signed : Parent..... HET COACH.....Date.....**

**HET COACH - EXERCISE CONTRACT ( for brothers and sisters at school)**

( Guidelines for Children/ young people are a minimum of 60 minutes of moderate physical activity every day

.....and do vigorous exercise at least twice a week )

I, \_\_\_\_\_ WILL BE ACTIVE \_\_\_\_\_ DAYS A WEEK FOR AT LEAST \_\_\_\_\_ MINUTES UNTIL

DAY \_\_\_\_\_ MONTH \_\_\_\_\_ YEAR \_\_\_\_\_.

The Activity or Activities I will do is ( are ) :

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Signed: ..... HET COACH.....Date.....

MY 'EN PHEWSIASTIC' FAMILY - HET COACH Name..... DATE from...../...../..... to ...../...../.....

DAD mins MOM mins BROTHER / SISTER mins BROTHER / SISTER mins

Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
<b>Totals</b>	<b>DAD</b> <i>Target is 30 mins of activity x 5 wk</i>		<b>MOM</b> <i>Target is 30 mins of activity x 5 wk</i>		<b>Brother/Sister</b> 60 minutes of mod exercise/ day + vigorous exercise x 2 a week		<b>Brother/Sister</b> 60 minutes of mod exercise/ day + vigorous exercise x 2 a week

**NOW** .... What do you do with all the points you are collecting?

Register on-line to be part of the **HET PHEW** Scheme.

Visit [www.HETwebsite.com](http://www.HETwebsite.com)

Click onto the PHEW page

and email us [info@HETwebsite.com](mailto:info@HETwebsite.com)

You will then receive an email from Allan Jones – Allan is an Ex-Olympic Coach who has developed the PHEW materials with Linda Porter for HET.

You will be asked to keep a blog (this is a kind of online diary that goes along side your RECORD 3 sheet), which will be posted on HET website with evidence of how you are achieving your points. Things like:

Photos, video recordings, audio recordings, witnesses who have seen you or your family members working through their exercise programme – This evidence can be from parents, friends, teachers, neighbours, helpers and so on. Allan can then assess your progress alongside your HET therapist and give you feed back!

We are in the process of inviting companies to sponsor us with rewards for your points so watch this space and we will keep you posted! Once you have registered, we will update of rewards that you can earn for you and your family through earning points this way.



**HAVE FUN**

**WE ARE LOOKING FORWARD**

**TO SHARING YOUR SUCCESS**

**WITH YOU**

**AND YOUR FAMILY!**