



**HOW EXERCISE CAN IMPROVE HEALTH AND
BEHAVIOUR IN CHILDREN**

(HET STEPPING STONE 5

PHEW: Physically Holistic Exercise Workout)

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Physical Holistic Exercise Workout

HET Stepping Stone 5



Introduction to Phew

Before we start you may like to see what Daisy has to say about PHEW!

Please click here:

<http://www.youtube.com/watch?v=Epx99Z0xvfA>

PHEW!

Welcome to your very own PHYSICALLY HOLISTIC EXERCISE WORKOUT

This Stepping Stone is in 2 parts. The first part is aimed at YOU... Being the family member or professional working with a HETty. The second part is aimed at the young person or HETTY who is on their HET journey. This is a family oriented HET approach to improving health and well being by 'UP' ing the level of exercise you take. Fear not! If you are a "couch potato" – what we do is gentle and gradual and designed to steer you in the right direction and who better than to coach the couch potato but the new generation – who are making better HET choices in their own lives... they need points to add to their personal reward chart and using the art of gentle persuasion with you, is one way that they can get these points.

Look on the bright side... the dog gets walked more often and on a good day you may get help in the garden!!!

So, what's it all about?

Firstly, HET (Holistic Educational Therapy) Programme is about making better choices involving our emotional health, dietary decisions, core issues, negative patterns, family interactions and our behaviours. Now we are building on adding to our health and well being, by introducing a simple programme designed to increase your physical activity routine on a daily basis.

Steps towards a healthier, more active you!

And the example that you set your children by empowering them to assist you in this process, instils in them, a powerful healthy programme for life.

HERE is a Video presentation to explain the background of this stepping stone

<http://www.holisticeducationtherapy.co.uk/phew/phew.htm>

PHEW –Part 1

Have a look over our first chart shown below. This is called the HET approach to promoting PHYSICALLY HOLISTIC EXERCISE WORKOUT. On this page you will be able to see the building blocks to being healthy and well. These include things like saying “NO” to taking drugs, tobacco, solvents etc. The healthy functioning of our body depends upon two main courses of action, we can take for ourselves (no –one else can do this for us!) – Namely, Exercise and Diet + Nutrition.

When we exercise regularly (which is what PHEW is about), then there will be improvements in the vital functions of our body like circulation, muscles, respiration and bone structure – this is about our general health!

When we take control over our diet and nutrition, we monitor what and when we eat and this in itself improves our body’s function as well as contributing to improvements in our personal appearance.

So a PHEW moments of your attention now please:

Exercise does not have to be arduous or competitive!! It can be fun, social, and enjoyable AND – it helps your CHILD!!!

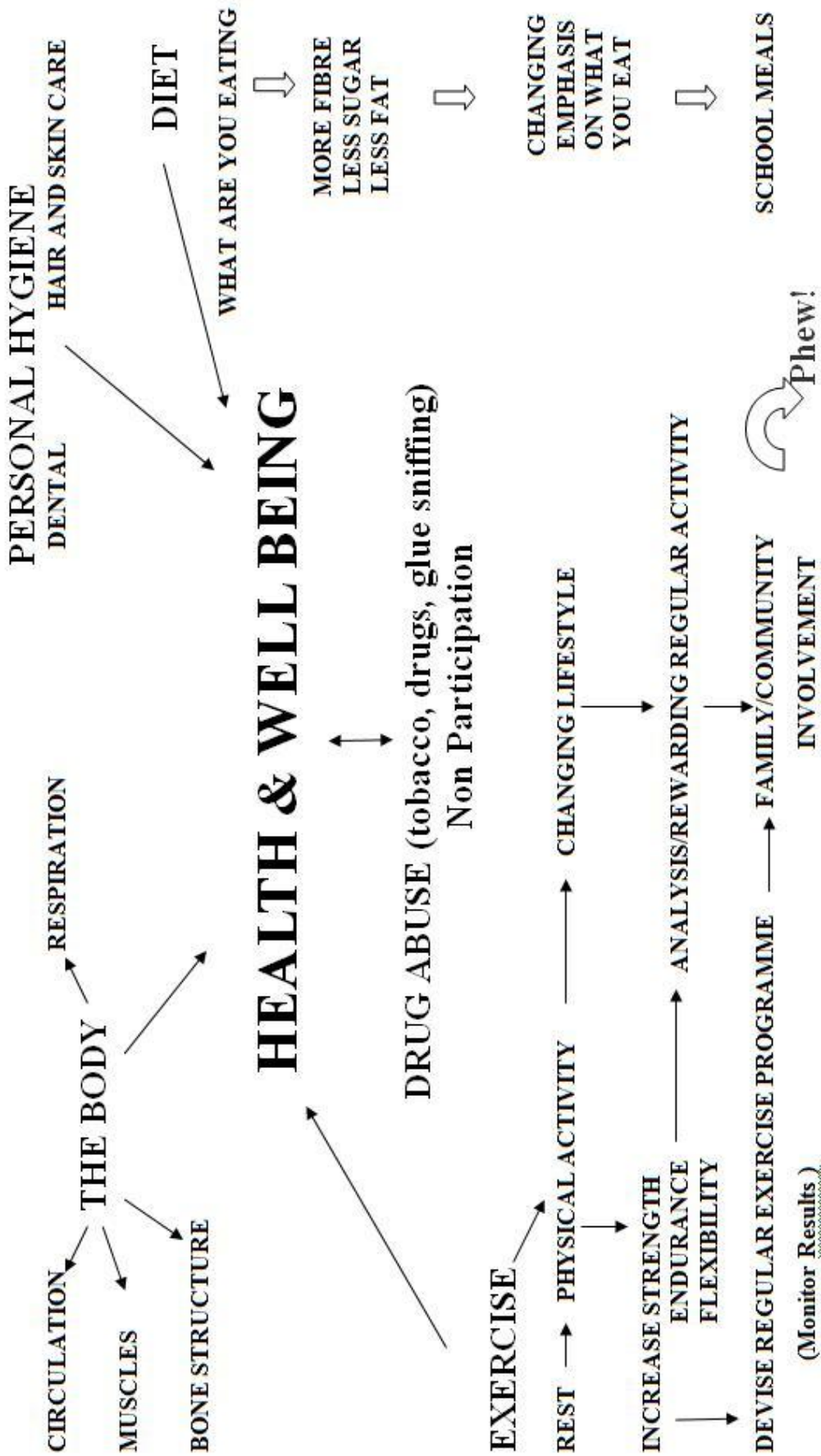


By looking at what you do already in the way of physical activity (or don’t do!) you can look at what you could do and every day move a step closer to becoming healthier and more active. Everyone has different reasons for doing this and it is helpful to look at what these are in order to help you move in this direction



(See our sheets on: Attitudes and 'changing a habit is possible')

HET APPROACH TOWARDS PROMOTING PHYSICALLY HOLISTIC EXERCISE WORKOUT



From the chart what lifestyle changes could you make?

Now have a go at filling in the following sheets:

HOW DO YOU FEEL ABOUT DOING PHYSICAL ACTIVITY

We need to take care about our physical selves more now than at any time in human history. We no longer do the amount of exercise we should since life is made easier by machines, cars, vacuum cleaners, remote control devices, escalators, etc.

We need to take a little time to assess our present lifestyle. Doing this makes it easier for us to adopt healthier lifestyle habits and to choose the appropriate physical activity or activities that suit us best.

Have a go at answering these questions

What would you like to change?

Do you WANT TO EXERCISE?

Do you want to RELAX MORE?

It may be that doing highly competitive games of sport are inappropriate for you, whereas Exercise to Music classes or jogging around the park, with a friend, may be fun and more suitable.

Do you WANT TO LOSE WEIGHT?

Then steady prolonged exercise - like walking, will be more beneficial than more vigorous, shorter games/activities.

If you have answered YES to any of these questions, then you have a good reason to start to increase your physical exercise.

We are now going to have a look at what your reasons are for increasing our exercise rate.

IDENTIFYING YOUR REASONS

ACTIVITY ONE

Put a tick next to any of the following reasons why you might want to change your lifestyle

'I want to adopt a healthier lifestyle because...'

I want to be physically fitter.....

I want to be slimmer.....

I want to avoid problems later in life such as heart disease.....

I want to look good in front of others.....

I simply want to 'feel good'

I want to be able to relax more.....

Any other reasons.....

What forms of physical activity are you doing NOW?

I am currently doing no or very little exercise at all.....

My only physical activity is doing housework, gardening.....

I am involved in competitive sporting activity.....

My employment involves fairly heavy physical work.....

MAKING CHANGES

CHANGING A HABIT IS POSSIBLE!

HOWEVER, YOU have had plenty of time to practice other habits than exercising and it is unrealistic to believe it will be easy for you to change.

YOU need to consider THREE main factors influencing YOUR healthy lifestyle:

YOUR PHYSICAL SURROUNDINGS

You need to rethink your physical surroundings in order to help you

For example:

Supermarkets tend to have large car parks. This means you do not have to walk far when you go shopping. So how about walking to the supermarket?? Or if that sounds too drastic to start off with - how about parking over the far side of the car park, not at the spot nearest the door

You may think the inconvenience of walking from work to a gym/swimming pool too much? So how about getting off the bus a stop before your destination?

Think about YOUR physical surroundings as far as exercise and other health habits are concerned. WRITE DOWN AS MANY REASONS FOR DOING EXERCISE AS YOU CAN THINK OF AND THEN WRITE DOWN ALL THE REASONS YOU CAN THINK OF FOR NOT BOTHERING

(See ACTIVITY 2)

THINK OF ACTIONS YOU CAN TAKE TO CHANGE SOME OF THE REASONS FOR NOT BOTHERING e.g. "Jogging is boring" – how about listening to an MP3 whilst jogging - TRY AND WRITE DOWN ALL THE POSITIVE THINGS YOU CAN THINK OF FOR EXERCISING AND TURN THEM INTO A PLAN.

PEOPLE AROUND YOU CAN INFLUENCE YOUR FEELINGS ABOUT EXERCISE

People are important in influencing the health activities we choose

In fact, it is known that people often quit an exercise programme if they feel they have little support from their family or friends.

If you find that your motivation suffers, perhaps you need to join or get a group together and schedule your activity to suit. This can help you to become more committed to your chosen activity.

THINK ABOUT THE PEOPLE AROUND YOU – DO THEY ENCOURAGE YOU TO EXERCISE OR MAKE IT DIFFICULT FOR YOU IN SOME WAY?

YOUR PERSONAL THOUGHTS

What you say to yourself DOES make a difference.

We are often too negative when we talk to ourselves.

We know about positive thinking but actually do not do it very often.

You need to avoid saying unrealistic things to yourself.

Unrealistic goal setting will only make you feel guilty and depressed when you fail to meet your target.

BE POSITIVE, BUT REALISTIC

ACTIVITY 2

THOUGHTS ABOUT YOUR PHYSICAL SURROUNDINGS

	POSITIVE	NEGATIVE	ACTION
E.g. EXERCISE	There is a park close by	boring jogging routes	Go to the park and jog with friend

THOUGHTS ABOUT HOW OTHERS CAN HELP YOU

	POSITIVE	NEGATIVE	ACTION
e.g. EXERCISE	<i>My partner also exercises</i>	family commitments during spare time make it difficult	encourage partner and others in the family to exercise together

PERSONAL THOUGHTS

	POSITIVE	NEGATIVE	ACTION
E.g. EXERCISE	I feel better after exercise	I haven't time to exercise	Say exercise makes your time more productive and enjoyable

PREVIOUS EXPERIENCE

What you have or have not done in the past will influence how you exercise today.

The bad experiences have put us off - physical activities at school included.

Your motivation for physical activity may be low, BUT doing physical activity for well being, health, does not have to include 'punishing' exercises, competition, or comparison of your abilities against someone else.

Exercising should not be a punishment and phrases such as 'NO PAIN - NO GAIN' do not apply to those who want to make gradual lifestyle changes to make you feel better.

HOWEVER, what is true is that:

THE BENEFITS OF HEALTHY EXERCISE ARE ONLY AVAILABLE TO THOSE WHO EXERCISE NOW!

HEALTH RELATED EXERCISE DOES NOT REQUIRE ABILITY - ONLY EFFORT

YOU NEED TO BE IN CONTROL OF YOUR EXERCISING HABITS

THOSE PEOPLE WHO FEEL THEY CAN MAKE A DIFFERENCE IN THEIR LIVES ARE THOSE WHO HAVE CONFIDENCE IN THEMSELVES AND IN THE FUTURE. - BE POSITIVE!!

LOW SELF CONFIDENCE CAN OFTEN RESULT FROM FEELING THAT CERTAIN PLACES OR ACTIVITIES ARE 'INAPPROPRIATE' FOR YOU.

YOU MAY HAVE TO OVERCOME FIXED OPINIONS ABOUT MEN OR WOMEN, AGE ASSOCIATED WITH EXERCISING, etc., ALL OF WHICH CAUSE LOW CONFIDENCE AND SELF ESTEEM.

ATTITUDES



Changing our habits needs more than just changing our attitudes. You have to understand how to change your attitudes. Attitudes consist of what you **KNOW** about something and the **VALUE** you place on your beliefs.

You should develop an attitude towards regular exercise consisting of knowing about the benefits of exercise and then valuing the consequences of exercises - Valuing being fit and healthy.

MANY PEOPLE KNOW THE BENEFITS OF EXERCISE BUT DO NOT VALUE THE CONSEQUENCES.

ATTITUDES TOWARDS EXERCISE = BELIEFS IN THE BENEFITS OF EXERCISE

+ VALUING THE BENEFITS OF EXERCISE

Now we need to look at how motivated you are to making changes in your lifestyle. Fill in the following charts.



MOTIVATION

There are two aspects of motivation that you need to think about – STRENGTH and DIRECTION

You can be highly motivated, fairly motivated, not at all motivated - this is what we mean by STRENGTH

Also you need to think about what you are motivated towards? Gardening? The pub? Exercise? This is what gives us DIRECTION

ACTIVITY 3: ANSWER THE FOLLOWING (Give a number rating for each section)

SECTION A - Motives (reasons) for exercise

I WANT TO EXERCISE FOR THE REASON OF	5	4	3	2	1
Body Shape					
To meet other people / fitness					
Competition					
Challenge / excitement					
Relaxation / tension relief					
Beauty / grace in movement					
Physical Fitness					
General health / well being					
Hobby / Time filler					

5 = very motivated 4= fairly motivated 3=neutral 2= not very motivated 1= not motivated at all

SECTION B

Exercise Motivation

HOW MOTIVATED TO EXERCISE ARE YOU?	5	4	3	2	1

5 = very motivated 4= fairly motivated 3=neutral 2= not very motivated 1= not motivated at all

SECTION C

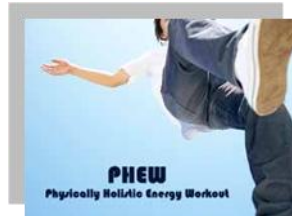
General self motivation

ARE YOU THE SORT OF PERSON WHO CAN STICK TO PLANS EASILY, CALL YOURSELF MOTIVATED	5	4	3	2	1

5 = definitely yes 4 = yes 3 = neither yes nor no 2 = no 1 = definitely no

Having now worked through some simple exercises to find out some of your thoughts and attitudes towards exercising for a healthier lifestyle , we now need to look at getting you started.

Please read through the following sheets so that we can find the right way forward to suit you.



GETTING STARTED

YOU ARE NOW IN A BETTER PLACE TO START CHANGING THINGS FOR THE BETTER

***YOU** need to be capable of starting an exercise programme and have no medical complications. You may need to visit your doctor and explain what you are thinking of doing and then he or she will be able to check through your medical records and give you an OK for doing this (see Lifestyle Questionnaire on the next page).

LIFESTYLE QUESTIONNAIRE

PERSONAL DETAILS

What is your age? ____ What is your sex? Male ___ Female ___

What is your height in centimetres? ____ What is your weight in Kg? ____

What employment do you have? ____

MEDICAL HISTORY - *If you tick any of the following - then you are advised to discuss your exercise programmes with your Health Practitioner*

Please tick the relevant box if you have ever suffered from any of the following conditions or illnesses?

High Cholesterol ____ Diabetes ____

High Blood Pressure ____ Stomach Ulcer ____

Angina ____ Lower Back Pain ____

Heart Attack ____ Joint Pain ____

Bronchitis ____ Anxiety Attacks ____

Emphysema ____ Depression ____

Asthma ____ Migraine ____

Have you undergone any operations in the last 12 months? ____

Has either of your parents suffered from Heart Problems? ____

Has either of your parents suffered from cancer? ____

CURRENT HEALTH STATUS - *For the blood pressure, if you tick High - Consult your Health Practitioner*

If you tick Don't know - we recommend you have checks by a Health Practitioner

Please tick the relevant answer below

	Low	Normal	High	Don't know
Is your blood pressure	_____	_____	_____	_____
Is your cholesterol	_____	_____	_____	_____

ALCOHOL *Health Guidance scales - If in doubt - check with your Health Practitioner*

Please tick the relevant answer

How many units of alcohol do you drink in an average week?

None 1-5 ___ 6 -10 ___ 11-15 ___ 16-20 ___ 21 -25 ___ 25 -40 ___ 41+ ___

SMOKING *Health Guidance scales - If in doubt - check with your Health Practitioner*

Please tick the relevant answer

Never smoked ___ Have stopped smoking ___ Currently smoke ___

If you smoke, how many cigarettes do you have in a day?

1-5 ___ 6 - 10 ___ 11- 20 ___ 21 - 30 ___ 31- 40 ___ 41+ ___

PHYSICAL ACTIVITY

Please tick the relevant answer

How many times do you exercise per week (a minimum of 15 min continuous exercise?)

E.g. Walking, cycling, swimming?

0 ___ 1 ___ 2 ___ 3 ___ 4 ___ 5 or more ___

Are you a member of a gym? _____

Are you a member of a sports club? _____

What type of exercise do you take part in? _____

DIETARY HABITS *Refer to Lifestyle Analysis - HET Diet & Nutrition module*

Please tick the relevant answer

How often do you eat the following?

	Occasionally	Every day	2/3 per week
Fried food	_____	_____	_____
Processed food	_____	_____	_____
Sweets, Chocolate, crisps	_____	_____	_____
3 or more portions of fruit	_____	_____	_____
3 or more portions of veg	_____	_____	_____
Fish	_____	_____	_____
Dairy products/milk/cheese/eggs	_____	_____	_____
Bread/cereal/rice/potato/pasta	_____	_____	_____
Add salt to your food	_____	_____	_____

WELL BEING *Refer to Stepping Stone 3 (Bach Flower Remedies) for support in emotional issues.*

Please tick the relevant answer

- Do you feel reasonably happy at the moment? _____
- Do you have any family problems? _____
- Do you see friends regularly? _____
- Do you sleep well? _____
- Do you have any financial worries? _____
- Do you feel stressed? _____
- Are you doing any home improvements? _____
- Do you feel you can cope with the demands made on you? _____
- Do you get time to yourself to relax? _____

Once you have been cleared by your doctor:

THESE ARE THE STEPS YOU SHOULD TAKE:

STEP 1 PLANNING WITH YOUR EXERCISE PARTNER

It is easier if you chose an exercise partner, you can schedule your sessions and have an agreed timetable together.

STEP 2 THINKING ABOUT INFLUENCES IN YOUR LIFE AND YOUR REASONS TO EXERCISE

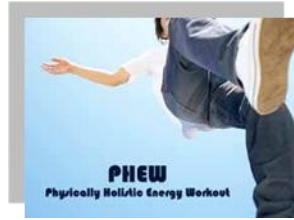
Make sure that you have completed Activity 1 so that you know what PHYSICAL surroundings, people around you and your personal THOUGHT factors are, that are affecting your ability to exercise. Make sure that you have completed the motives questionnaire, so that you are clear as to why you want to exercise. This will help in selecting the right type of exercises for you.

STEP 3 CHOOSING THE RIGHT EXERCISES

What are the right activities for you? The real answer to this question is that you should be using a variety of exercises – those that help with stamina, muscle strength and tone, muscles suppleness, relaxation, weight control etc. A varied programme would be best. Below are some examples of matching exercises to reasons for exercising (They are only examples!!)

MOTIVES	EXERCISES THAT MIGHT BE SUITABLE
Body Shape	Weight training
To meet other people / fitness	Exercise to music
Competition	Squash
Challenge / excitement	Climbing, sailing
Relaxation / Tension release	Aerobic exercises, Relaxation classes
Beauty / grace movement	Dance type exercises
Physical fitness / General Health / well being	Jogging, swimming, general weights

You now need to set yourself goals that relate to your HABITS AND YOUR MOTIVATION



STEP 4 SETTING GOALS

Goals need to be set, based on HOW OFTEN you exercise, or WHEN you exercise rather than HOW WELL you perform in exercise. For Example:

- Your Initial target may be to walk or jog for 15 minutes 3 x a week
- The speed of the walking / jogging is not important at this stage
- WHAT IS IMPORTANT IS THAT YOU DO WALKING
- It is your APPROACH TO DOING THIS THAT NEEDS MONITORING

These initial goals can also lead to medium and long term goals, such as having the targets of 30 minutes jogging four times a week within 3 months and 40 minutes twice a week within 6 months.

**WHEN YOU HAVE DECIDED THIS, YOU WILL HAVE DEVELOPED SOMETHING CALLED YOUR
'PROGRESSION'**

REMEMBER YOUR GOALS NEED TO BE.....

SMART = simple = measureable = achievable = realistic = timed

Fill in the diary sheet below and write down what you think would be a reasonable programme for you to attempt within a week.

DAY	MORNING	AFTERNOON	EVENING
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

Diary week from/...../..... To/...../.....



WHAT I AM GOING TO ACHIEVE? PERSONAL GOAL SETTING

START DATE _____ TO _____ END DATE _____

BE SMART!	S = Specific A= Achievable R= Realistic M=Measurable (By You & your exercise partner or HET) T= Time Scale	REVIEW
WHAT I AM GOING TO ACHIEVE?	<i>e.g. Go jogging 3 x week in the park</i>	<i>Went twice</i>
HOW I AM GOING TO MEASURE MY PROGRESS?	<i>e.g. See how long it takes me to go once around the park</i>	<i>20 mins + 18 mins</i>
AGREED AND ACHIEVEABLE SUB GOALS	<p>Sub Goal 1 <i>To go out in any weather</i> (REVIEW DATEe.g. after 1 month)</p> <p>Sub Goal 2 <i>e.g. Get changed into special kit for jogging</i> (REVIEW DATE e.g. after 2 weeks)</p>	
WHY MY GOALS ARE REALISTIC	<i>e.g. Because I can allocate 3 mornings a week to this</i>	

STEP 5 PROBLEM SOLVING

There will be times when your motivation for exercise seems to be hitting a brick wall! You will need to accept that this can happen.

The following strategy might help you:

- Identify the problem (*e.g. Can't go jogging because my legs are too sore*)
- Find alternative strategies (*e.g. Keep off hard surfaces – use the grass or buy some proper jogging shoes*)
- Put into action the strategy that seems most likely to work
- Sometimes a short rest from exercise is required, or a small change of exercise could help.

REMEMBER

Any permanent change in your health and fitness is a permanent change in your.....

LIFESTYLE PATTERNS

These are determined by:

- Your physical surroundings
- Your people around you
- Your personal thoughts

Other influences include:

- Previous experience
- Attitudes
- Motivations

Develop positive attitudes about what exercise can do

You will see that your exercise programme is a whole CHANGE in the way you see and go about things.


This can be explained in the following way:

5 STAGES OF CHANGE




5 STAGES OF CHANGE

STAGE 1

THE VERY IDEA OF EXERCISE Not even considering change. May feel resigned or out of control.		"CAN'T BE BOTHERED!"
---	---	----------------------




STAGE 2

CONSIDERING EXERCISE Beginning to weigh up the pros and cons of change.		"o.k. I'LL GIVE IT A GO!"
---	---	---------------------------




STAGE 3

GETTING READY TO EXERCISE Trying out small changes to see if they work or can cope.		"GIVING IT A GO!"
---	---	-------------------

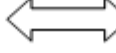


STAGE 4

ACTION Starting to try to change exercise habits.		"I'M OUT THERE EXERCISING NOW!"
---	---	---------------------------------



STAGE 5

KEEPING GOING OR NOT New EXERCISE HABITS become the norm or the old HABITS reappear.		"THIS IS FUN" Or "IT'S NOT FOR ME!"
--	---	--

EXERCISE CONTRACT

(Guidelines for adults are a minimum of 30 minutes of moderate physical activity five times a week)

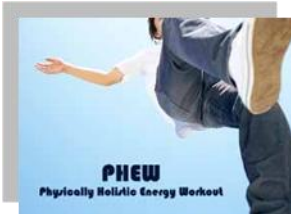
I, _____ WILL BE ACTIVE _____ DAYS A

WEEK FOR AT LEAST _____ MINUTES UNTIL

DAY _____ MONTH _____ YEAR _____.

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

SignedHET (OR EXERCISE PARTNER).....Date.....



Ideas to make LIFESTYLE ADJUSTMENTS

- Don't take the lift - **USE THE STAIRS**
 - Don't take the car - **WALK**
 - Get off the bus early- **WALK A PHEW STOPS**
 - Don't get someone to do the gardening - **DO IT YOURSELF**
-
- Do Housework to music - **WORK FASTER**
 - Arrange to meet a friend - **WALK TO THE SHOPS**
 - Exercise first then - **GO TO THE PUB (if you must)**
 - Don't take the car - **WALK THE KIDS TO SCHOOL**
-
- Don't pay for your car wash – **CLEAN IT YOURSELF**
 - Never sit – **WHEN YOU CAN STAND**
 - Develop regular exercise activity – **IMPROVE YOUR SELF ESTEEM**
 - **Park your car in the space furthest from the supermarket door or walk an extra bus stop (carrying the bags are good weight training!)**
-
- **Jobs to be done in the garden?**
 - **Take the dog for a walk – or somebody else's dog?**
 - **Do some leg exercises up and down the stairs**
- Changes in your lifestyle don't have to cost you anything!**

Target: 30 minutes of moderate activity on your own or with friends or family!

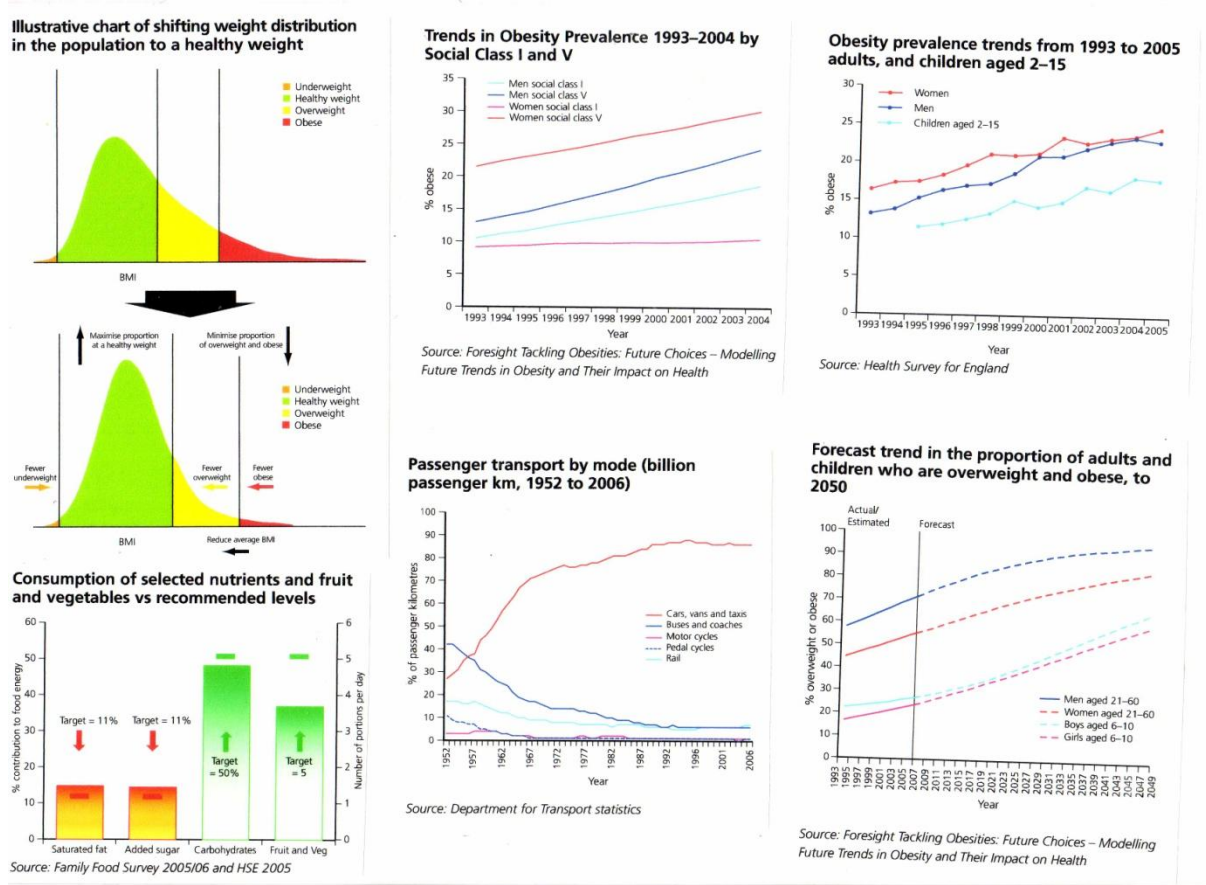
Lifestyle adjustments can increase a person's exercise commitment without any financial outlay! See some of the GREEN EXERCISE suggestions in the next section of Stepping Stone 2.

PHEW 2: THE SEEDS OF LIFELONG PARTICIPATION

So, how does all of this help your child?



Take a look now at our lifelong participation chart: These trends show the evidence that we are becoming less active, less healthy and more overweight!



The result of these trends is that the Government have 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.



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

Many children are often put off from being involved in physical activity, because they are lacking in skills, confidence, motivation or self esteem.

(Refer to your HET Programme: Stepping Stone – Emotional Management, the Bach Flower Remedies here!)

They may opt out of what is on offer at school and in the community from fear of being teased or bullied or feeling left out.

This is not only an 'opt out' of the sporting life at school - but also a lifelong habit to enjoy the feel good factor and health motivation for later in life.



Schools are grappling with the ethos in sports curriculum, that children who are not confident to participate, fall into a cycle of non- participation. This can be through reasons such as, not being picked as team mates, school league competitiveness, elite selection etc.

Community sports clubs often only welcome sports -skilled youngsters, which benefits the club's profile. This focus often discourages involvement from youngsters who wish to just enjoy the recreational aspects of what is on offer there.

Well now we've looked at what your child may or may not be involved in whilst at school and in the community– let's have a look at what happens in their home life.

Think about this one.....



LIFELONG PARTICIPATION



Activities outside of School

COMPETITIVE
SCHOOL SPORT



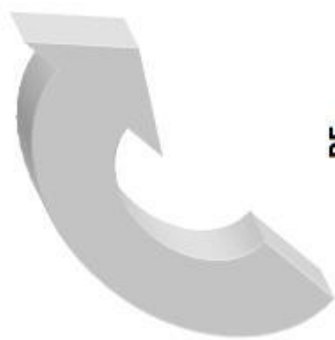
YOUNG



PEOPLE

CLUB LINKS

Sport Development



PE
CURRICULUM



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	IN SCHOOL
Competitive sports and teams	
Community activities and clubs	OUT OF SCHOOL
Parental / family activities	

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 the chart below 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
<p>LESS THAN 20 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY DAY</p> 	<p>LESS THAN 30 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY DAY</p> 	<p>LESS THAN 40 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY DAY</p> 	<p>LESS THAN 50 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY DAY</p> 	<p>60 MINS OF</p> <p>MODERATE PHYSICAL ACTIVITY EVERY DAY</p> 
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 we 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**

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

SECTION B

Exercise Motivation

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

SECTION C

General self motivation

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

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?</p> <p><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>
--	--

Who could help you find out this information and help you make decisions about this?

Your parents / brothers / sisters / teachers / coach / friend / local sports centre staff?

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 or HET Helper 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 stops 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.

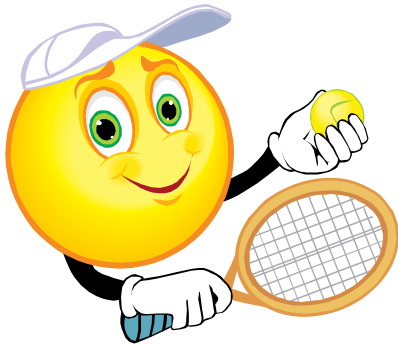
You could invite a friend to become an exercise buddy and check out your progress regularly with you (or even make an exercise pact with you to keep you on course)

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!



Below 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 DAYAND DO VIGOROUS EXERCISE AT LEAST TWICE A WEEK

MY PHYSICAL ACTIVITY PROGRAMME (WEEKto.....) TOTAL FOR THE WEEK _____ MINS

	In School		Time		Outside School		Time	
		Mins		Mins		Mins		Mins
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Curriculum, after school Competitive Sports/Teams Community Activities/Clubs Parental/Family Activities

EXERCISE CONTRACT

(Guidelines for Children are a minimum of 60 minutes of moderate physical activity every dayand 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):

Signed Parent..... HETDate.....



Be a HET COACH

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

HET wants **YOU, TO BE A 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

Points from your PHYSICAL ACTIVITY Programme	Points from your PHYSICAL ACTIVITY Of FAMILY MEMBERS	BONUS POINTS From the DOG
---	---	--------------------------------------

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** sheets:-

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:

1 NOT VERY GOOD	2 NEED TO DO BETTER	3 AVERAGE	4 GETTING THERE	5 GREAT! YOU'RE A STAR
LESS THAN 20 MINS	LESS THAN 30 MINS	LESS THAN 40 MINS	LESS THAN 50 MINS	60 MINS OF
MODERATE PHYSICAL ACTIVITY EVERY DAY	MODERATE PHYSICAL ACTIVITY EVERY DAY	MODERATE PHYSICAL ACTIVITY EVERY DAY	MODERATE PHYSICAL ACTIVITY EVERY DAY	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</p> <p>MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>141 - 210 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>211 - 280 MINS</p> <p>MODERATE PHYSICAL ACTIVITY EVERY WEEK</p> 	<p>281 - 350 MINS</p> <p>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 GREEN exercise activity in your 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



No need to spend money on weights – fill up and recycle empty milk containers, with water or sand – weigh them and work out!



How long can you hold them for?
Even Ruby wanted to try this one out



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):

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 takes part in 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):

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

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

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

Click onto the PHEW page: Stepping Stone 5

And email us info@HETwebsite.com



Phew is coached by 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 send updates of rewards that you can earn for you and your family through earning points this way.

PHEW OLYMPICS

One vitally important aspect of any Olympic Games is the legacy it leaves behind throughout the community that hosts it.

Allan Jones, our former Olympic coach and PHEW consultant was very busy in the lead up to the 2012 London Olympics to ensure a legacy was left with PHEW to help our young people, families and professionals.

Part of the research was involving young people with complex needs and challenging behaviours at a leading college for alternative educational provision.

Let's focus for a moment on a young man aged 14 we'll call him Jo that isn't his real name but it will do for now. Jo is autistic and also has traits of sensory processing disorder and ADHD, he is obese and has no motivation to learn, read, write or engage in any physical activity whatsoever. His diet consists of chips and chocolate. His mother consistently refuses to work in any form of home school/partnership and undermines many of the initiatives we tried to set in place.

Quite a challenge!

Here's how Allan approached this:

One thing that Jo would participate in is computer games although he would soon get frustrated with himself and could damage equipment.

So, firstly by using the training room with Jo's friends, Allan got them doing some basic exercise on the rowing machine, exercise bike and treadmill.

Next he got Jo on the computer looking at Google maps and Google Earth, planning the journey between home and school. Part of that journey included the river, roads and pathways. Jo and Allan drew a map of the journey together which covered 28 miles. The idea was that each day Jo would work out for a short time on each piece of training equipment and transfer the distance he covered that day onto the map of the journey he made each day. There was a target set for the journey each day. This meant that he was covering loads of new skills helping him with his reading, maths, ICT and drawing and it was all underpinned by exercise which he so desperately needed but the project motivated him to exercise. The map included lots of landmarks along the way, such as churches, shops and recreational facilities that Jo was able to do a project on around his home. He very rarely went out and this incorporated a lot of life skills for him. He also included his History and Geography knowledge which he had never before accessed.



The next stage was to get Jo involved with an X box Kinect. This is a games machine which involves moving more than thumbs. Light sensors around the computer pick up and convert physical movement to interact with the game. So, through selective choices of appropriate software, Jo become far more interactive with the games and moved a lot more – once again he was motivated.

These projects were soon extended to involve other students in the department and throughout the College. By using interactive Athletic software, students were not only able to compete against each other in achieving Personal Best scores as Olympic qualifying events, but were also able to compete online with other schools and other countries, as they also became involved with the initiative. Lots of young people making their PHEW targets in a very innovative way. Some parents even got involved as well!

Throughout the Olympic concept it is possible to incorporate many other aspects to the project, creative games around geography, national anthems and country flags, diets and traditional foods and costumes are all fun elements of related interest to this approach.

The concept of 'Personal Best' also applied to the young person's ability to achieve more points through more personal responsibility and accountability in the Gold, Silver and Bronze concept within the Green Card system. Once more, we sponsored by Natures Sunshine Products to support young people with trendy scientific energy drinks, so we were able to offer an amnesty of swapping NSP healthy energy drinks for all the proprietary brands of 'Energy' drinks which were brought into college, causing them to have hyperactive reactions to the high levels of sugar and caffeine which they contained.

Another excellent piece of software that was used in the PHEW room at college, was the FIFA football series of games for the X box. This proved very exciting. Students were able to compete against one another as league tables and organising all the fixtures and keeping

the results were all aspects incorporated into Maths and ICT work for young people that had a track record of never going near a maths book. The beauty of these tournaments was that their matches could be analysed afterwards, for individual team players' performance and comparisons drawn against shots on goal, penalties, tackles, headers, attempts at goal from different areas, movements of players and finally the young person was able to record an interview after the match as manager on his team's performance. These young people were accessing the curriculum in a creative and innovative way, scoring PHEW points, by getting their daily exercise and using this evidence towards getting certificated outcomes that go towards their qualifications at College. These are young people who have never succeeded within the traditional school system in their lives!

Another positive outcome of this initiative in PHEW, is that some of these young people were introduced to other sports such as Volley Ball. The Beach Volley Ball Kinect game has been used to develop their interests and skills and was transferred to the Sports Hall to become one of their favourite Sports group activities.

Many of these young people have never had the opportunity to work together with a partner or as a team member. Another positive outcome turned out to be that they would discuss performance with each other. This addressed the 7 Olympic Values that Allan had introduced into all areas of the college life. These include:

- Friendship
- Respect
- Excellence
- Determination
- Inspiration
- Courage
- Equality

You can see that these values link in very closely to the 12 – 0 I can score goals game introduced in Stepping Stone 2, which can be evidenced and rewarded via HETwebsite.

More examples of certificated projects like these are available for downloading from HET Learning Tree Model as part of the virtual online curriculum for young people, parents, and professional on HETwebsite. Contact lin@HETwebsite.com for more information.

HAVE FUN

WE ARE LOOKING FORWARD

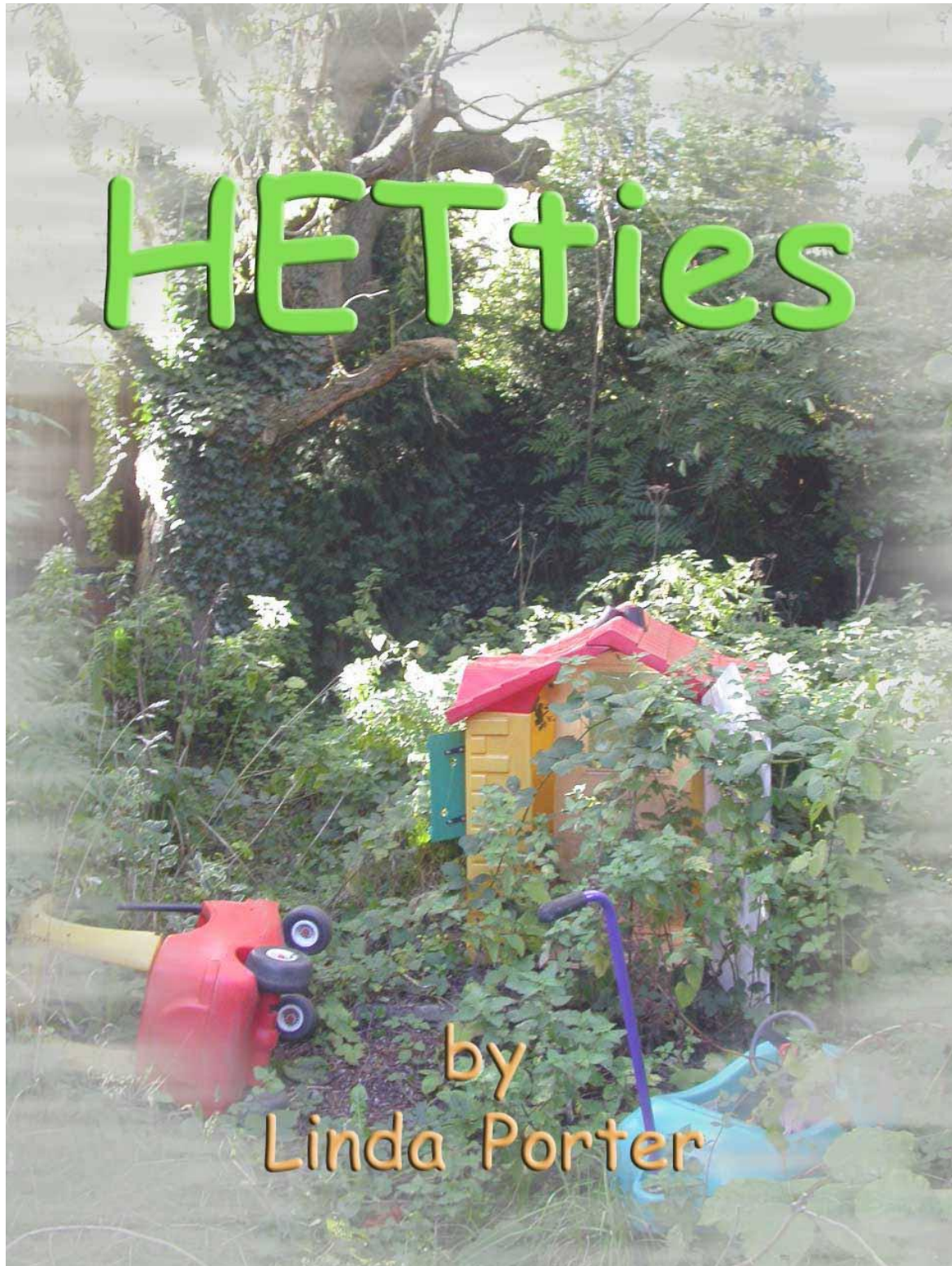
TO SHARING YOUR SUCCESS

WITH YOU

AND YOUR FAMILY!

The next section of this book, in the APPENDIX, includes the corresponding chapter from HETties, the children's book for HET. It is included below for you to start working with this part of the programme with a young person as soon as possible.

APPENDIX



Well, we have been looking at making better life style choices with food and diet. The reason for this is that making bad diet choices can affect many other things in your life when it gets out of control.

By now, you should be getting some serious booty delivered to your treasure chest! If not... then why not? A serious talk with a HET helper may be called for here! In addition, if you need back up you can always ask on the forums or attend one of our regular online events on HETwebsite!

The next stepping stone is good fun because it looks at how you can become a fit, fitness coach for your family with the HET PHEW programme that is the Physical Holistic Exercise Workout programme.

Let's start off with seeing what Daisy has to say about exercise programmes being a good life style choice:

Follow this link:

<http://www.youtube.com/watch?v=Epx99Z0xvfA>

Notice that Daisy had some help from Ex Olympic coach, Allan Jones to help her with PHEW!

The good news is that Allan has helped a lot of HET families too by helping to create a game for young people and their families to do together.

Again, you will need your HET helper to work through this with you, but first of you need to think about the exercise routine that you have, what you do, where, when and why?






Your HET helper can download the materials to help you from here:

Please follow this link:

www.hetwebsite.com/file/cache/linsthings/PHEW2workingwithyoungpeople.pdf

In this book there is a chart that you need to fill in together to work out how much exercise you have in a week. This chart looks like this:

When you have filled in the chart, check this rating table to see how well you are 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  EVERY DAY	LESS THAN 40 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY  EVERY DAY	LESS THAN 50 MINS MODERATE PHYSICAL ACTIVITY EVERY DAY  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

Moderate activity is where you can talk to someone while you are exercising and you are not out of breath.

Vigorous activity raises your heart rate and causes sweating and heavy breathing.

When you have done that you can think about setting some goals and targets to improve your exercise routine. There is another chart to help you do this which looks like this:

RECORD SHEET 2 - MY GOALS AND TARGETS

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

MY PHYSICAL ACTIVITY PROGRAMME (WEEKto.....) TOTAL FOR THE WEEK _____ MINS

	In School	Time	In School	Time	Outside School	Time	Outside School	Time
		Mins		Mins		Mins		Mins
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Curriculum, after school Competitive Sports/Teams Community Activities/Clubs Parental/Family Activities

The PHEW game pack explains how you can involve the rest of the family and by helping them you can gain extra points.

So there is another chart to show how you can earn points through doing PHEW and meeting your targets. Also, you can gain extra points through helping other members of your family to meet their targets or by exercising your pet dog or by doing green exercise.

There are exercise contracts that you can fill in with the help of your HET helper and family. You can also get other family members to make exercise contracts with you to gain extra points. See below:

EXERCISE CONTRACT

(Guidelines for Children are a minimum of 60 minutes of moderate physical activity every dayand 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):

Signed Parent..... HETDate.....

So as well as working towards your own targets and feeling better for it, you can become a **HET PHEW COACH** by supporting your family members to work towards increasing their own physical participation levels.

You can do that by filling in some similar charts with each member of your family. Your HET helper will help you with this.

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

FIRSTLY – SCORING YOUR OWN POINTSGo 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, this is **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 somewhere between 1 - 5:

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
LESS THAN 140 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	141 - 210 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	211 - 280 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	281 - 350 MINS MODERATE PHYSICAL ACTIVITY EVERY WEEK 	350 - 420+ MINS OF MODERATE PHYSICAL ACTIVITY EVERY WEEK 	Vigorous activity x 2 week Y/N 1 point per week for Y	1 point from each family member making their own personal targets per week.	Include 1 bonus point for taking a dog for a walk x 2 per week.	Include 1 bonus point for including a GREEN exercise activity in your exercise targets per wk
Wk1								
Wk2								
Wk3								
Wk4								
Wk5								
TOTAL								

RECORD SHEET 3 – TOTAL HET COACH POINTS FOR 5 WEEKS _____

TOTAL HET PHEW POINTS FOR PERSONAL GOALS AND COACHING OVER 5 WEEKS _____

SPECIAL MISSION:

Earn a HET token. By posting details and pictures of the family PHEW routines and how you are scoring on Record sheet 3 onto your web page. We will email your HET helper your PHEW token to put towards your treasure chest.

