

Dr Koala's 50 family fun ways to be active

Can you think about ten of your own to add to the list?

- 1** Go for a bike ride at your favourite local riding place.
- 2** Grab the soccer ball and take the kids to the local park for some goalie practice.
- 3** Grab the cricket bat and tennis ball to play French cricket.
- 4** Go for a nice walk on Sunday to the beach or the local botanic gardens.
- 5** Climb that local hill to get a great view of the surroundings.
- 6** Wake up early and get up to watch the sunrise.
- 7** Go for a yoga lesson at your local yoga studio – come on Mum, will you go with me?
- 8** Practice some ball throwing to see who can throw the furthest.
- 9** Play a game of backyard cricket with the kids.
- 10** Go for a walk with your partner and hold each other's hands.
- 11** Get outside on the trampoline for some lumpy jumpy days.
- 12** Take the dog for a walk and don't forget his favourite ball.
- 13** Join your local parkrun for 5km walk or run and make some new friends.
- 14** Grab the boxing gloves and give Dad a good session.
- 15** Take up photography
- 16** Let's practice 25m sprints in the local park! Who can be the fastest?
- 17** It's summer so let's grab the boogie board and hit the waves!
- 18** Let's do some diving at the local diving pool!
- 19** Wow, let's go shell hunting in the shallows at the rocks at the beach.
- 20** Can we monkey bar from one end to the other?
- 21** I love the see-saw and the merry-go-round and climbing ropes at my local park.
- 22** Grab your skipping rope and see how many times you can skip without stopping.
- 23** Hip hop music is my favourite to dance to! Let's move!
- 24** Can you do a handstand or cartwheel yet?
- 25** Let's grab the football and do some kick passing to each other at the park.

- 26** I would love to try rock climbing at the local indoor climbing studio!
- 27** What about a spin cycle session at the local gym?
- 28** YMCA has a great Uplift program for 12 years old and above! Let's go!
- 29** I love mixed martial arts at the PCYC.
- 30** Fencing can be fun – wow, I feel like a musketeer!
- 31** What about space walking? Let's pretend we are in outer space!
- 32** Can we pretend we are in the Olympics and in the 100m relay team? Where is our baton? Maybe we can make paper ones! And the four of us can run around the oval.
- 33** Why don't we climb up all those stairs at the local dam?
- 34** Let's walk backwards at the park and try not to fall over?
- 35** Can we play piggyback races with Dad and Mum?
- 36** Wow I have never played golf before but it looks like fun. Can we go to the golfing range to try it out?
- 37** I do love table tennis. Is there a local table tennis centre nearby we can play at?
- 38** Can we shoot a few baskets at the local school, Dad? I need to improve my free throws!
- 39** Let's go mountain bike riding this weekend down that new trail.
- 40** Wouldn't it be fun to join the Scouts and do some camping overnight, Dad and Mum?
- 41** I want to be a Karate Kid and fly!
- 42** Can we ride our bikes to school, please Mum?
- 43** I love Wet 'n' Wild – that water slide is so big and scary but so much fun! Can we go, Mum?
- 44** I love to catch the ferry to Manly or Circular Quay, Dad. Can we go this weekend for fun outing?
- 45** The zoo is great, Dad. I love the tigers and the way they move, and the koalas are so cute!
- 46** Wouldn't it be nice if we could go for a beach holiday, Dad?
- 47** Could I learn to play tennis, Dad? It looks like fun.
- 48** Dad, can you teach me how to ride a bike? I think I am old enough now!
- 49** My friend wants me to go the YMCA gym with them to do some cardio. Can we go? You might enjoy the adult sessions.
- 50** I love Zumba classes – the music makes me want to move!