

[www.alharakabaraka.com](http://www.alharakabaraka.com)







## Welcome!

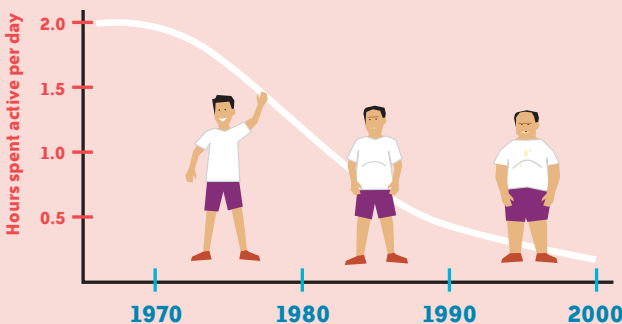
### Al Haraka Baraka means “movement is a blessing”

With this concept in mind we have designed a programme to encourage children to take part in physical activity, not just conventional sports that may be difficult to access, but to get children into the habit where physical activity becomes part of their daily routine.

**Al Haraka Baraka** has been developed for the Middle East region by a number of Arab and International expert organisations. It is sponsored exclusively by Master Foods as an expression of their ongoing support to community activities in the Middle East and to the development of healthy lifestyles.

The content was created through research by a scientific advisory panel, which includes some of the world’s most authoritative institutions such as the UAE Ministry of Education, the Arab Centre for Nutrition and the Faculty of Physiology & Exercise Sciences at King Saud University in Riyadh. We have also drawn upon the guidance and input of numerous international sources, from Australia, Europe and North America.

All of this is important because we want you to know that not only is physical activity essential for the health and well being of our children, but this concern is something that the whole world is united upon. Here in the Middle East, great efforts are being undertaken by education and health authorities to ensure our communities become more active. With **Al Haraka Baraka**, we hope to support these efforts and encourage children to become more active.













## *It's good for our mind, body and soul!*

Our lives have been changed over the past generation. Most of us live what is called a “sedentary lifestyle”. Put simply, this means that we don’t do much in the way of moderate physical activity, such as, walking and stretching. Many do no vigorous activity at all, such as, football, jogging, basketball or strength building exercises.

Getting started is undoubtedly the hardest part, but once you introduce as little as 30 minutes moderate physical activity a day, you will quickly see the benefits.

Scientific studies indicate that numerous benefits can be gained by taking part in physical activity, here are just a few;

-  Improving health
-  Able to achieve and maintain a healthy weight
-  Improves all round fitness
-  Builds strong bones
-  Increases and maintains body flexibility
-  Strengthens the heart
-  Enhances growth
-  Improves self esteem and psychological well being
-  Helps young people make friends through fun, enjoyment and adventure
-  Teaches the importance of working together as a team



## Why is it so important?





Being physically active is part of a balanced and healthy lifestyle.

It is important to develop physical activity habits in the younger years because the health risks of inactivity in adulthood increase. Unfortunately, many of us don't undertake enough physical activity in our daily routine, which has contributed towards a number of modern day health problems and diseases such as:

- High blood pressure
- Heart disease
- Stroke
- Obesity
- Diabetes
- Osteoporosis
- Depression
- Colon cancer

## What can you do?

One of the ways in which you as a parent can contribute towards the effectiveness of this programme is to encourage your children to be more active around the home. Examples could include:

-  Encourage more movement and less sitting in front of the TV
-  Get children to walk more - use the stairs, walk to the shop or mosque, and if it's safe, walk to school
-  Increase strength by collecting and carrying groceries, help with household chores
-  Improve posture and flexibility by getting your children to do some simple exercises like stretching their limbs and touching their toes





Build your child's confidence in taking part in physical activity by explaining that physical activity doesn't mean organised sports. It includes a whole list of routine movements that can be undertaken during the course of our everyday lives, we just need to make a conscious effort to do it.

### Talk First

*Discuss the important topic of physical activity with your children, find out what they are doing and what their views are - by creating awareness of its importance you will make them more receptive to take part.*

### Set Goals

*After reading through the rest of this Guide, you will be able to set realistic goals and identify examples. Start with small ones, check results and build on this process.*

### Praise and Encouragement

*Talk about their physical achievements everyday and reward small steps with praise.*

### Family Plan

*Talk to your children about doing physical activity together, things you can share does not need to be complicated. Discuss this with them and see what you all have a common interest in.*

## Setting simple

Guidelines throughout the world underline the importance of doing at least 30 minutes physical activity everyday. This consists of both moderate and vigorous activities such as those listed below.

#### Moderate

Brisk walking  
House and garden work  
Swimming  
Bowling

#### Vigorous

Running  
Playing 'tag'  
Football, volleyball, basketball  
Horse riding



As a starting point, ask your children which physical activities they like doing and design a plan where they do 20 minutes of moderate activity followed by 10 minutes of vigorous activity. Build from there!

Apart from the definitions of Moderate and Vigorous, experts categorise physical activity into 3 main groups:



**Aerobic / Endurance**



**Strength**



**Flexibility & Coordination**

Below we have given some typical exercises for each.

**Aerobic**

Running / jogging

Football

Basketball

Swimming

**Flexibility**

Stretching

Gymnastics

Yoga / judo

Swimming

**Strength**

Lifting weights

Carrying groceries

Bowling

Shovelling sand

It is not important for your child to feel like they have to be the best at any of these exercises, just taking part to the best of their ability is what matters.

**What's Al Haraka Baraka all about?**

**Al Haraka Baraka** is a simple physical activity programme aimed at primary school children, the preteen age group. Research indicates that once a child becomes 13, they undertake increasingly *less* physical activity, so sowing the seeds of interest from a much younger age is vital.

The programme provides school teachers with the framework to create **four** lessons designed to inspire interest, create fun and, through an activity based process, empower your children with the knowledge to make choices that can improve their lives and wellbeing.





## What is in the programme?

This programme focuses on a whole list of routine movements that can be undertaken during the course of our everyday lives by eliminating physical, psychological and financial barriers that may otherwise inhibit a child's participation.

**Al Haraka Baraka** consists of Four Teaching Units (or lesson plans) along with some background information for teachers. In addition, there are useful and fun things children can access from either the CD or the website.

Each lesson has an objective with a number of activities used to ensure that the child understands what is being taught. These include:

Unit	Theme	Activity	Outcome
Unit One	Introducing physical activity	Activities to understand the three types of physical activity	Knowing that fitness comes through endurance (aerobic), flexibility and strength exercises
Unit Two	Stamina and strength	Simple exercises, such as walking up the stairs, sit ups and lifting cans. Examining changes in heart rate and breathing.	Understanding about what makes you fit, a healthy heart rate, breathing and other effects
Unit Three	Flexibility and co-ordination	Activities to help increase your flexibility and coordination such as stretching exercises and skipping. Brainstorming session to get ideas on activities that can improve overall flexibility & coordination.	Shows how simple everyday activities can help build flexibility and co-ordination
Unit Four	School activity	Put on a show and share the fun of physical activity with your school friends	Sets out to build social aspects of physical activity by demonstrating that it's fun to take part