

## FAQs

### Frequently Asked Questions



#### Why is it good to exercise?

There are a variety of ways to answer this question but to keep it simple – exercise is good for the heart, good for the brain and good for the soul. Your children will benefit more than just physically. It will also enhance their mental, social and emotional abilities, which will stay with them through to adulthood. Physical activities are also great fun when you do them together!

#### Is this programme just for my child?

Every child must nominate an adult to do the programme with them. The WASP programme is a great opportunity for you and your child to get all the benefits of leading an active lifestyle. Now that everyone is back in school this is a great excuse to continue on the active lifestyle you led this summer. This is also a good chance to spend time together and have fun.

#### How much exercise do we need to do?

We are encouraging adults to do at least 30 minutes activity and children to do at least 60 minutes activity five days a week. Activities can be done alone, with others or together. Any activity counts e.g. dance, school PE, club sport, walking etc. It's all about getting active!.

#### How does this programme work?

Your child will have a record card which needs to be initialled by you to confirm that 30/60 minutes of activity by yourself/your child has been completed. Your child's teacher will then give out Wizzy stickers for every initial in the Wizzy record card. The aim is to earn as many Wizzy stickers as possible.

#### Who is Wizzy?

Wizzy is the Waterford Active Schools Programme (WASP) mascot. He's a friendly wasp that's always buzzing around the place. Your children can check out his latest ideas on their classroom posters and have a look at his home page on the Waterford Sports Partnership website [www.waterfordsportspartnership.ie](http://www.waterfordsportspartnership.ie)

#### Do the children have to do their activity in school time?

Children can do their activity at school, at home, inside, outside, with friends & family or on their own, basically whenever and wherever they can.

#### Do they have to do the 60 minutes all at once?

The 60 minutes can be done all at once or can be an accumulation of 60 minutes. For example 20 minutes activity in school and a 40 min walk with the family that evening. It all counts!

If you have a question that we haven't answered here please email us [info@waterfordsportspartnership.ie](mailto:info@waterfordsportspartnership.ie) or call the office (058) 21194

