Physical Activity For Children
Eight to Ten Years

Current federal physical activity guidelines recommend all children and adolescents aged 6-17 engage in 60 minutes of daily physical activity, preferably outdoors. This should include aerobic, muscle-strengthening, and bone-strengthening exercise. (U.S. Department of Health and Human Services, 2014)

**Benefits of Physical Activity to Children**
- Healthy heart
- Social development through play
- Problem solving skills
- Increased coordination and movement skills
- Enhanced attention and focus
- Higher self-esteem

**Examples of Aerobic, Muscle and Bone Strengthening Activities**

**AEROBIC**
- Brisk walking, running, bike riding
- Hiking, skateboarding, rollerblading
- Cross-country skiing

**MUSCLE & BONE STRENGTHENING**
- Tug-of-War
- Modified push-ups
- Rope or tree climbing
- Sit ups (curl ups, crunches)

**Games**

**Bulldogs**
Have two children be dogcatchers. Have the other children choose a type of dog they would like to be. The dogcatchers call out a type of dog. The dogcatchers try to catch the dogs. If the child gets caught, he/she becomes a dogcatcher.

**Outside Olympics**
Using a variety of household goods, create events. Objects to use for possible events:
- Small cardboard boxes for hurdles
- Row of chairs for a balance beam
- Mattress for tumbling routine
- Knotted towel for towel toss

**Three Syllable Jump Rope Rhymes**
The activity needs 3 people, two people to turn the rope, and one person to jump. Have child recite and imitate the actions in the rhyme:
"Teddy bear, teddy bear, turn around. Teddy bear, teddy bear, touch the ground. Teddy bear, teddy bear, show your shoe. Teddy bear, teddy bear, that will do!"

**Simon Swims**
Take your child to a pool or lake that you find safe. In the water play "Simon Swims." Tell the child you are "Simon," the child should imitate the swimming stroke.

References: