

Physical Activity For Children

Six to Eight 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)

Movements to Work on With Your Child

- ◆ Catching
- ◆ Charging
- ◆ Chasing
- ◆ Dangling
- ◆ Jumping
- ◆ Leaping
- ◆ Prancing
- ◆ Scattering
- ◆ Scurrying
- ◆ Skating
- ◆ Skipping
- ◆ Sneaking
- ◆ Striking
- ◆ Strutting
- ◆ Surrounding
- ◆ Swinging
- ◆ Tagging
- ◆ Throwing
- ◆ Tip-toeing
- ◆ Tumbling

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
- ◆ Tag
- ◆ Jumping rope
- ◆ Martial arts
- ◆ Soccer, ice or field hockey, basketball, swimming, tennis

MUSCLE & BONE STRENGTHENING

- ◆ Tug-of-War
- ◆ Modified push-ups
- ◆ Rope or tree climbing
- ◆ Sit ups (curl ups, crunches)
- ◆ Swinging on playground equipment
- ◆ Hopscotch
- ◆ Hopping, skipping, jumping

Games

Popcorn

Using either a parachute or large sheet, have the children hold onto the edges. Place a series of different size balls or soft objects on the sheet. Then have the children shake it until all of the "popcorn is finished" off the parachute or sheet.

Red Light, Green Light

Place your child up at one end of an area. Tell the child that you are a traffic light. When you say green light, the child should run. When you say yellow light, the child should slow to a jog. When you say red light, the child should stop. When you say green light, the child should run again.

Pinball

Using scoops or cut out liter pop bottles and a Whiffle ball or a similar size paper ball, have children set up staggered in two lines facing each other. Have one child in the middle with the ball in the scoop. Have the child underhand toss the ball to the first "bumper." The "bumper" will then toss it back, and the child will continue through the "pinball" course.

Cone Course

Set up a series of cones or obstacles for your child to:

- Dribble a ball through
- Kick a ball through
- Use a stick to push a ball through

References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner- Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

US Department of Health and Human Services. 2008 Physical Activity Guidelines for Americans. Accessed September 2014. <http://www.health.gov/paguidelines/guidelines/>.