

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)

Movements to Work on

- ◆ Catching
- ◆ Charging
- ◆ Chasing
- ◆ Dangling
- ◆ Jumping
- ◆ Leaping
- ◆ Prancing
- ◆ Scattering
- ◆ Scurrying
- ◆ Skating
- ◆ Skipping
- ◆ Sneaking
- ◆ Striking
- ◆ 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
- ◆ 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

Bulldogs	Outside Olympics	Three Syllable Jump Rope Rhymes	Simon Swims
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.	Using a variety of household goods, create events. Objects to use for possible events: <ul style="list-style-type: none"> • Small cardboard boxes for hurdles • Row of chairs for a balance beam • Mattress for tumbling routine • Knotted towel for towel toss 	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!"	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:

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/>.