

PHYSICAL ACTIVITIES FOR KIDS & ADOLESCENTS

MODERATE-INTENSITY

COACH  ART



AEROBIC ACTIVITIES

Preschool-Aged

- Games such as tag or follow the leader
- Playing on a playground
- Tricycle or bicycle riding
- Walking, running, skipping, jumping, dancing
- Playing games that require catching, throwing, and kicking

School-Aged

- Brisk walking
- Bicycle riding
- Active recreation, such as hiking, jumping rope, dancing, swimming
- Playing games that require catching and throwing, such as baseball and softball

Adolescents

- Brisk walking
- Bicycle riding
- Hiking, swimming, dancing
- Games that require catching and throwing, ie. baseball / softball
- House and yard work, such as sweeping or pushing a lawn mower

MUSCLE-STRENGTHENING ACTIVITIES

Preschool-Aged

- Games such as tug of war
- Gymnastics
- Climbing on playground equipment

School-Aged

- Games such as tug of war
- Resistance exercises
- Rope or tree climbing
- Some forms of yoga
- Climbing on playground equipment

Adolescents

- Games such as tug of war
- Resistance exercises
- Some forms of yoga
- weight machines and hand-held weights

BONE-STRENGTHENING ACTIVITIES

Preschool-Aged

- Hopping, skipping, jumping
- Jumping rope
- Running
- Gymnastics

School-Aged

- Hopping, skipping, jumping
- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction like basketball, soccer, tennis

Adolescents

- Jumping rope
- Running
- Sports that involve jumping or rapid change in direction like basketball, soccer, tennis



Stronger Muscles & Bones



Better Sleep



Lower Blood Pressure & Blood Cholesterol Levels



Decreased Risk of T2 Diabetes



Healthy Weight



Better Outlook on Life



Sources:

- [1] health.gov/paguidelines/second-edition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf
- [2] <https://kidshealth.org/en/parents/active-kids.html>
- [3] <http://www.pbs.org/parents/food-and-fitness/sport-and-fitness/elements-of-exercise/>

COACH  ART
WWW.COACHART.ORG