

# Physical Activity Guidelines for School-Aged Children (ages 6 to 8)

Being physically active every day is important for **healthy growth and development** of your child. Whatever their level of ability, children need to be active!



## The Benefits of Exercise:

1. Build strong bones & muscles
2. Achieve & maintain healthy weight
3. Improve cognitive development
4. Develop motor skills, balance and coordination
5. Support learning of social skills



School-aged children should do **1 hour** of moderate to vigorous physical activities a day targeting **muscle & bone strengthening**

## Examples of Physical Activities:

### Moderate Intensity

- Brisk walking
- Bike or scooter riding
- Hiking
- Swimming
- Playing games that involve throwing/catching

### Vigorous Intensity

- Running
- Bike riding
- Jumping rope
- Sports (soccer, basketball, tennis, etc.)
- Martial arts
- Dancing

### Muscle Strengthening

- Climbing on playground equipment
- Gymnastics, tumbling
- Obstacle course
- Crab walking; bear walking

### Bone Strengthening

- Jumping, galloping, skipping, hopping
- Hopscotch
- Running
- Gymnastics, tumbling



## Tips on Increasing Physical Activities:

- Go outdoors – make sure kids have sun protection, such as sunscreen and hats
- Limiting screen time to 1 hour a day
- Be active together as a family
- Participate in organized sports

