Physical Activity For Children Eight to Ten Years

Benefits of Physical Activity to Children

- Healthy heart
- Social development through play
- Problem solving skills
- Increased coordination and movement skills
- Higher self-esteem

Physical Activities for Children Eight to Ten Years

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 house-hold 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 • Spoon and egg for speed egg walk (See how fast your child can cross the finish line with out breaking the egg.)	This activity needs three people, 2 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 "Simon" says to swim. Take turns allowing the child to be "Simon."

Movements to Work on With Your Child

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

Sample Toys for Children Eight to Ten Year Olds

- Baseball/Softball Glove
- Bicycle with Helmet
- 9-12" Balls
- Climbing Ropes
- Foam Hokey Set
- Full Size Scooter
- Hand Scoops, Paddle Racquets
- Hula-Hoop
- Ice Skates

- Juggling Scarves
- Jump ropes
- Junior Size Basketball, Bats, Batting Tee, Football, and Soccerball
- Low Stilts
- Rhythm Sticks
- Roller Blades
- Tennis Balls
- Tumbling Mats
- Whiffle Balls

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.

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