

Physical Activity for Kids

A Guide for Parents

The benefits of staying physically active are clear. Children (and adults) who are regularly active will benefit from:

- stronger muscles and bones
- lower body fat and lower likelihood of becoming overweight
- a decreased risk of cancer, heart disease and type 2 diabetes
- better mood and ability to cope with stress
- higher academic performance
- good habits which will last a lifetime



However, changes in lifestyles mean that a lot of children are not physically active for the recommended 60 minutes per day. Many parents are reluctant to allow their children to play outside, and children are increasingly drawn to screen-based pursuits. Working families are busy, and often children can become demotivated by the competitive element of organized sports.

So how can you encourage your child to be more physically active? First of all, think about your child's 'activity personality'. These fall into three main types:



The Non-Active: these children are just not interested in most sports, can be reluctant to become physically active and like not getting involved in any physical activity at all. They need lots of encouragement to participate, and the activities they do need to be lots of fun.

The Casual Active: these children enjoy being active, but tend to dislike the competitive, high-pressure element of organized sport. They love to have a kickabout or throw balls into a hoop, but can become demotivated by team sports as they often feel they are not good enough.

The Active: these children tend to like physical activities and enjoy the competitive element of organized sports. They just love to win and can become nervous in competition.

Obviously, your child's personality will be a huge guide to the type of activity that will interest them, if a child doesn't find an activity fun or attractive they are not going to want to do it. Think also about your child's physical health - bigger, fatter children may prefer football whereas smaller, more flexible children might be interested in gymnastics or dancing. Don't let your child's gender be what it says they should do - the talents and interests of 'Daddy's Little Prince' and 'Daddy's Princess' footballers and 'Daddy's Princess' ballerinas are equally common in both boys and girls.



They will benefit from being able to play freely and to play with their friends.



Tennis

If you have a child who is not interested in most sports, can be reluctant to become physically active and like not getting involved in any physical activity at all, they need lots of encouragement to participate, and the activities they do need to be lots of fun.

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Promoting Physical Activity Guide For Co

IM Harris



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