

6 Tips For Kids & Physical Activity



1. 60 minutes of mod-vigorous activity daily

- Aerobic activity most days of the week
- Muscular strength * 3 days a week
- Bone building * 3 days a week



2. Variety, proper form, and skills.

For Long-term Athletic Development (LAD), participate in multiple activities instead of specializing in a one sport. Build a foundation of proper mechanics.



3. Positive feedback related to intrinsic value

- Praise sportsmanship and positive attitude
- Emphasize effort, progress, and skill development instead of winning
- "Try your best and have fun" versus "Be the best and win"



4. Individual development

Developmental age and biological age are sometimes different. Progress may not be linear and kids will develop at different times.



5. Precautions with heat.

Children are not miniature adults...especially in terms of thermo-regulation. When temperatures are above 75 degrees:

- Hydrate: 5 ounces every 15 minutes.
- Wear light colored and light weight clothing.
- Take frequent shade breaks.



6. All fitness attributes are trainable.

Cardiovascular fitness, strength, flexibility, and coordination/neuromuscular control are all trainable. Avoid continuous, repetitive or high-stress movements.