



## Exercise and Upper Primary Children (11 to 13 years)

Children at this age:

Have high energy levels	Are generally enthusiastic and motivated
Learn from both visual and verbal instructions	Are at different stages of development
Are at different stages of coordination and body control	Are getting physically stronger
Are easily influenced by their peers	Are able to carry out more than one instruction at a time
Can motivate themselves to improve skills	Respond well to praise and encouragement
Are keen to please	Are easily impressed by you
Come from a variety of social and cultural backgrounds	Can work independently
In addition, boys and girls in this age group are maturing at different rates, and displaying more obvious social roles	

### Activities for older children

Many children will be ready for competitive sport by 9 or 10 years old, but they may need modified rules to help skills development and to protect them from injury.

Most primary school aged children will still need to have a lot of additional activity from running, playing, and ball games.

Being a member of an active family is still a very valuable way of keeping active.