



## Exercise and Lower Primary Children (5 to 7 years)

### Children at this age:

Are not very tolerant of heat and cold	Respond to adventure and challenge
Respond to rhythmic activities	Focus mainly on themselves
Come from a variety of social and cultural backgrounds	Are keen to please
Are easily impressed by you	Respond well to praise and encouragement
Learn from both visual and verbal instruction	Require constant attention
Are generally enthusiastic and motivated	Are imaginative
Display no difference between boys and girls in physical potential	Have high energy levels
Have short attention spans	Like to discover
Learn best when given shorts amounts of information at one time	Are at different stages of development to each other
Are at different stages of coordination and body control to each other	

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### Activities for children under 8 years

- Walking, skipping, cycling, riding a scooter or running places instead of going in the car
- Kicking, throwing, hitting balls
- Playing at local playgrounds
- Water activities can be fun, but need to be supervised always
- Dancing, gymnastics, callisthenics or martial arts at a beginning, non-competitive level. Many very young children enjoy kinder-gyms
- Taking pets for a walk or run.
- Fun based physical activity classes