Exercise and Middle Primary Children (8 to 10 years)

Children at this age:

Come from a variety of social and cultural backgrounds	Focus mainly on themselves
Look for new challenges	Enjoy working with their friends
Learn from both visual and verbal instructions	Learn best when given small amounts of information at one time
Can only concentrate on instructions for short periods of time	May be easily impressed by you
Respond well to praise and encouragement	Are not very tolerant of heat and cold
Are at different stages of coordination and body control	Display no difference between girls and boys in physical potential
Are at different stages of development	Are generally very active and enthusiastic - are keen to please

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