

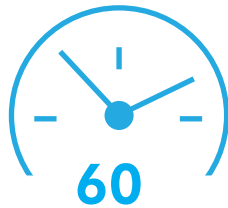
Growing up: physical activity is play and training!

For children from 5 to 11 years old

In this period during the epidemic emergency, with a long time spent at home, it is particularly important to offer children and young people activities to do together. Physical exercise, in addition to being fun, contributes to improving physical health, promotes psychological well-being and helps to overcome this particular period with greater serenity. Through play and exercise, children and young people express what they, themselves feel is pleasant and unpleasant.

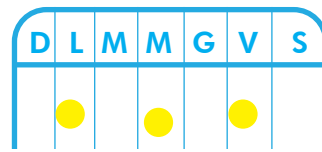
How much physical activity is necessary each day?

AGE 5-11 Years



At least 60 minutes per day of moderate to vigorous*

*vigorous/intense physical activity: when breathing and heart beating are accelerated and can cause sweating (for example: running, jumping several times, dancing quickly)



3 times per week it should include exercises that strengthen muscles and bones

What can parents do to promote physical activity at this age?

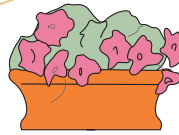
- Lead by example, if parents are active, children will also be active
- Choose activities that are appropriate to their age and development
- Encourage them to do the physical exercises they usually do
- Create safe places to play and train
- Limit the use of televisions, tablets and mobile phones to a maximum of 2 hours a day, in addition to the time necessary for carrying out the teaching activity.

For this age group

Some transversal activities, important for development, are suitable for all children:

- free movement: dancing, jumping, somersaults, stretching
- music to encourage movement/coordination and stimulate learning
- drawing, painting and modeling pastes to stimulate creativity
- shared reading aloud and then autonomously to stimulate language, learning and interaction
- Doing simple domestic work, such as dusting, laying the table, helping to make the bed, etc
- Keeping usual sleeping times.





Examples of activities and games according to age

5-7 years

- **Tape Shape Game:** Use sticky coloured tape to put a variety of shapes, letters and/or numbers on the floor. Have your child stand on their favorite one then give them instructions to follow that will lead them to their next destination (for example: slither like a snake to the letter B).
- **Musical Letters:** Variation of the previous game. Play some music while your child dance and then suddenly stop the music and call out one of the letters or shapes or numbers. He/she has to immediately find it and sit down on it.
- **Don't Let The Balloon Touch The Ground:** After having blown up a balloon, the child should hit it up in the air but don't let it touch the ground.
- **Obstacle Race:** Make sure to create an engaging course that includes a variety of motions: jumping, crawling, balancing, walking in a zig-zag.
- **Basketball:** Use a basket or a bucket and improvise your own balls with a wad of newspaper, soft toys, rolled-up socks, etc. To make the game more challenging, fix a time, e.g. 2 minutes, and see how many times the child can throw the ball in the basket.
- **Wheelbarrow:** The child lies face down on the floor. Lift the legs of the child by the ankles keeping the legs straight. The child pushes up on the hands and walks, while the adult holds the legs up by the ankles.
- **Hopscotch:** Use tape to mark out the hopscotch on the floor. Use a button, a coin or rolled up socks as an object to pick up.

8-11 years

- **Wiggle Jar:** Create some inventive activity cards with funny activities and movements written on them (e.g. be a rock star for 2 minutes, push the wall for 30 seconds). Place them in a jar, let the child fish a card and do what is written on it.
- **Dance party:** Turn on some lively music and have a dance!
- **Freeze Dance:** Add-in game for your dance party where one person stops the music and everyone else must instantly freeze. If you catch someone moving, he/she is out.
- **Long jump:** Mark 5-10 lines about 20cms apart on the carpet using sticky tape. Starting from the first line, jump and see how many lines the child can jump over.

