

# Physical activity ideas for children and young people

| Type of activity   | Children's activities   | Young people's activities   |
|--|---|---|
| <b>Moderate intensity aerobic</b><br>To increase their heart rate and keep them fit  | <ul style="list-style-type: none"> <li>• Roller blading, skateboarding</li> <li>• Brisk walking</li> <li>• Cycling</li> <li>• Dancing</li> <li>• Kapa haka</li> <li>• Games that require catching and throwing (e.g. T-ball)</li> </ul>   | <ul style="list-style-type: none"> <li>• Roller blading, skateboarding</li> <li>• Brisk walking</li> <li>• Cycling</li> <li>• Dancing</li> <li>• Kapa haka</li> <li>• Housework and yard work</li> <li>• Games that require catching and throwing (e.g. softball)</li> </ul>  |
| <b>Vigorous aerobic</b><br>To increase their heart rate and keep them fit  | <ul style="list-style-type: none"> <li>• Active games such as running and chasing (eg, tag)</li> <li>• Cycling</li> <li>• Skipping</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as football, netball, rugby, touch rugby, swimming, hockey</li> <li>• Dancing</li> <li>• Waka ama</li> <li>• Bouncing on a trampoline</li> </ul> | <ul style="list-style-type: none"> <li>• Active games such as Ultimate Frisbee</li> <li>• Cycling</li> <li>• Skipping</li> <li>• Martial arts, such as karate</li> <li>• Running</li> <li>• Sports such as football, netball, rugby, touch rugby, swimming, hockey</li> <li>• Dancing</li> <li>• Waka ama</li> <li>•</li> </ul> |
| <b>Muscle strengthening</b><br>To build strength in the muscles, tendons and ligaments. Also to improve joint function and reduce the potential for injury | <ul style="list-style-type: none"> <li>• Games such as tug-of-war</li> <li>• Modified push-ups</li> <li>• Rope or tree climbing</li> <li>• Sit-ups</li> <li>• Swinging on playground equipment/bars</li> </ul>  | <ul style="list-style-type: none"> <li>• Games such as tug-of-war</li> <li>• Push-ups and pull-ups</li> <li>• Resistance exercises with exercise bands, weight machines, hand-held weights</li> <li>• Climbing wall</li> <li>• Sit-ups</li> </ul>   |
| <b>Bone strengthening</b><br>To strengthening bones – plus can double as aerobic and muscle-strengthening activities!                                      | <ul style="list-style-type: none"> <li>• Games such as hopscotch</li> <li>• Hopping, skipping, jumping</li> <li>• Bouncing on a trampoline</li> <li>• Rope skipping</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball</li> </ul>  | <ul style="list-style-type: none"> <li>• Hopping, skipping, jumping</li> <li>• Bouncing on a trampoline</li> <li>• Rope skipping</li> <li>• Running</li> <li>• Sports such as gymnastics, basketball, volleyball</li> </ul>   |

This table is adapted from the Ministry of Health website (<http://www.health.govt.nz/your-health/healthy-living/food-and-physical-activity/physical-activity/activities-children-and-young-people>).