

PHYSICAL ACTIVITY PYRAMID

For your After School Program



Cut Down on Inactivity

- Limit to 2 hours or less per day: TV, Computer, Video Games, Watching DVD's & Movies

Flexibility & Strength

- Stretching
- Push-up/Sit-ups
- Circuit Training
- Yoga/Pilate's
- Martial Arts (Tai'Chi)



WHY WE NEED PHYSICAL ACTIVITY AFTER SCHOOL!

- To stay healthy, youth need at least 60 minutes of physical activity daily. There's not enough time during the school day to get it all in.
- Physical activity can teach life skills such as teamwork, patience, and motivation to help youth reach higher goals.
- Being physically active increases self-esteem and reduces anxiety, depression and stress.

2-3 TIMES A WEEK

Flexibility/Strength

Individuals

- Running/Jogging
- Skateboarding
- Rollerblading
- Stair Climbing
- Hula Hoop
- Jump Rope
- Hopscotch
- Dance Dance Revolution
- Basketball
- Volleyball
- Baseball/Softball
- Soccer
- Kickball
- Swimming
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Group Activities

Sports/Recreational Activities & Games

- Hide-n-Seek
- Double-Dutch
- Cultural Games
- Clean Your Room*
- Los Encantados (Freeze Tag)
- Dance – Hip Hop, Salsa, Capoeira, etc.
- Playing Musical Instruments

* From CANFIT's SuperManual

EVERYDAY
60 MINS

By Yourself or
with Friends

With Parents

CHOOSE ONE
ACTIVITY
with Kids Daily

- Play Frisbee or Catch at the Park
- Plant or Work in the Garden
- Walk (the dog) Together
- Family Bike Ride
- Family Hike
- Help with Chores