

Physical Activity for Youth (Grades K-6)

Youth today are more likely to be overweight than their peers in past years. Today, children look to television and video games to occupy their time rather than physical activity. These activities discourage them from being active indoors and outdoors at school and at home. For children to understand this and be more active, they need active role models to set a good example. Children should be active a minimum of one hour per day.

For more information

Child & Adult Nutrition Services
800 Governors Drive
Pierre, SD 57501
Phone: (605) 773-3413
Fax: (605) 773-6846
doe.sd.gov/cans



Coordinated School Health
South Dakota Departments of Education and Health
healthyschools.sd.gov

Did You Know?

- Children who are active and exercise regularly are more likely to live longer, healthier lives than those who do not.
- Being active also includes eating healthy.
- Youth endure stress while in school; being physically active and being healthy can reduce stress levels.
- Participation in all types of physical activity declines as age and/or grade in school increases.
- Social support from family and friends has been consistently and positively related to regular physical activity.
- Children who do not get enough sleep are more apt to be overweight.
- The most important part of the future is our youth. Keeping them healthy should be a priority, not just a goal.

Ways to Stay Active

Outdoor ideas:

- Start a morning walking club to and from school with parents or neighbors as guides.
- Organize after-school programs where youth participate in noncompetitive activities that promote exercise and health (ie: walking, yoga, aerobics, dance, etc.).

Classroom ideas:

- Have students do active assignments for different subjects in school; for example, add a math problem and walk as many steps as the answer equals.
- Take breaks in between lessons to stretch and move around to keep students moving instead of sitting in their desks all day.
- Provide lessons on how to be active and have students practice them in the classroom throughout the day.

This project has been funded in part with federal funds from the U.S. Department of Agriculture. This agency is an equal opportunity provider. 10,000 copies were printed on recycled paper by TyniComm at a price of \$.04 per piece, through Coordinated School Health funding from the Centers for Disease Control and Prevention.

