Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with gradeschool children (5-12 years). Physical activity should become as routine a part of the child's life as eating and sleeping. Caregivers should promote all kinds of activities at this age – both fun and competitive. Playing different sports is a form of fitness.

**Suggested Activities for Gradeschool Children**

- Capture the flag
- Four square
- Cycling (with a helmet)
- Swimming
- Basketball
- Jogging
- Walking briskly
- Cross country skiing
- Dancing
- Aerobics
- Soccer
- Gymnastics
- Hockey
- Golf
- Football
- Baseball