

# The **ACTIVITY PYRAMID**

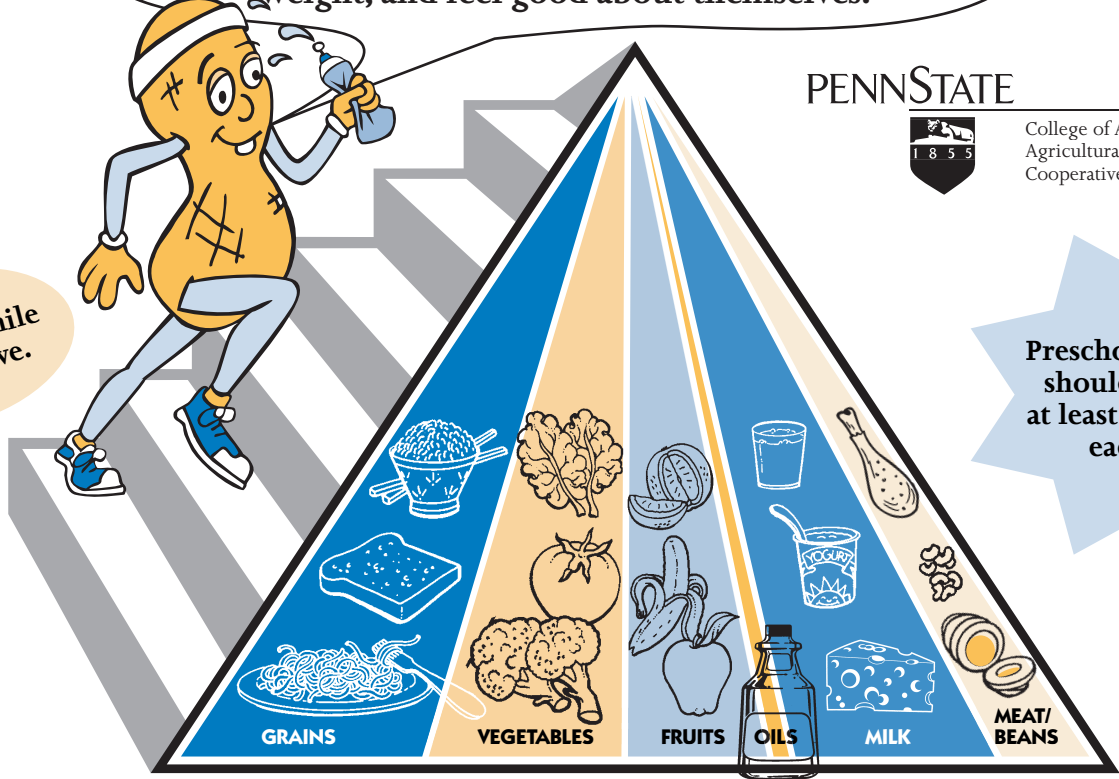
Being physically active helps children grow, learn, build strong muscles and bones, have energy, maintain a healthy weight, and feel good about themselves.

PENNSSTATE



College of Agricultural Sciences  
Agricultural Research and  
Cooperative Extension

Have fun while being active.



Preschool children should be active at least 60 minutes each day!

EVERYDAY ACTIVITIES	PLAY ACTIVITIES	RECREATIONAL ACTIVITIES	ACTIVITIES TO REDUCE	FREE TIME ACTIVITIES	STRENGTH & FLEXIBILITY ACTIVITIES
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- Play outside
- Ride less, walk more:
  - Walk to pre-school
  - Walk to the store
  - Walk to the park
- Help around the house or yard
- Walk and play with your pet
- Pick up your toys
- Ride bikes

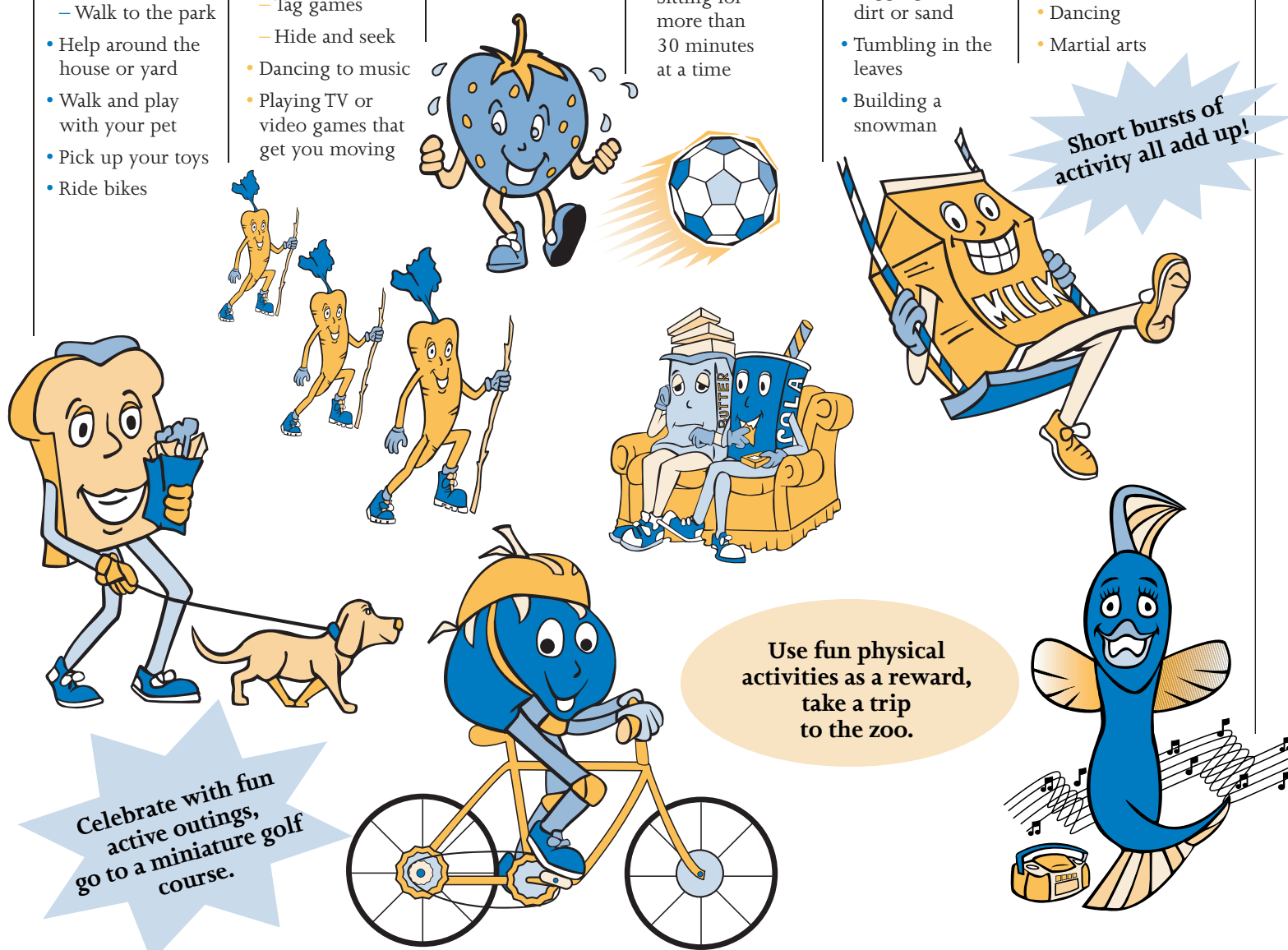
- Activities that make you breathe hard and sweat!
- Playing games:
    - Follow the leader
    - Tag games
    - Hide and seek
  - Dancing to music
  - Playing TV or video games that get you moving

- Relay races
- Playing with balls
- Playing soccer
- Playing T-ball
- Swimming

- Watching TV
- Watching nonactive computer and video games
- Sitting for more than 30 minutes at a time

- Bike riding
- Swinging
- Exploring a nature park
- Flying a kite
- Digging in the dirt or sand
- Tumbling in the leaves
- Building a snowman

- Climbing on play-ground equipment
- Tumbling
- Climbing stairs
- Playing in obstacle courses
- Dancing
- Martial arts



Short bursts of activity all add up!

Use fun physical activities as a reward, take a trip to the zoo.

Celebrate with fun active outings, go to a miniature golf course.

# ACTIVITY PYRAMID

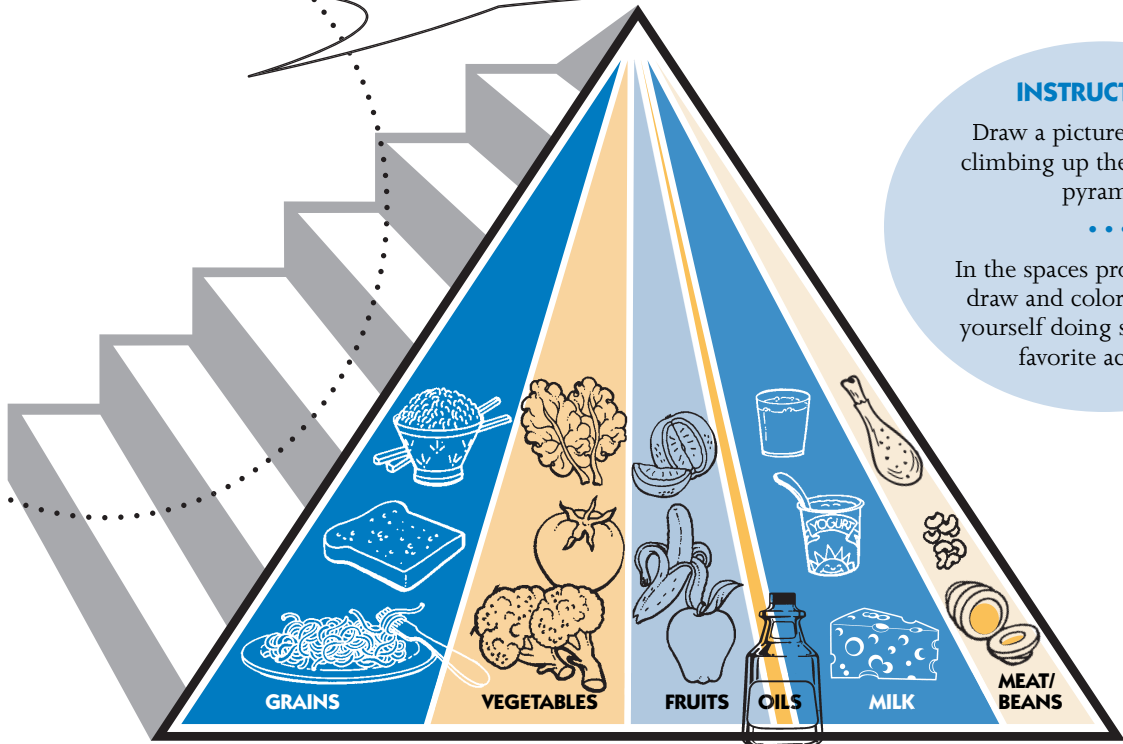
Being physically active helps children grow, learn, build strong muscles and bones, have energy, maintain a healthy weight, and feel good about themselves.

**INSTRUCTIONS:**

Draw a picture of yourself climbing up the stairs of the pyramid.

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In the spaces provided below, draw and color a picture of yourself doing some of your favorite activities.



<b>EVERYDAY ACTIVITIES</b>	<b>PLAY ACTIVITIES</b>	<b>RECREATIONAL ACTIVITIES</b>	<b>ACTIVITIES TO REDUCE</b>	<b>FREE TIME ACTIVITIES</b>	<b>STRENGTH &amp; FLEXIBILITY ACTIVITIES</b>
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Large dashed-line boxes for drawing activities, with a dotted circle in the center of each box.

Physical activity is fun for everyone—involve the entire family.

**PARENTS:**

Children enjoy being active when parents and other family members are active, too.

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You can use the open spaces above to draw pictures of some physical activities you and your child can do together.

Plan regular physical activities as a family.