



Exercise In Children



► The beginning of the age of exercise ◀

► Children under the age of 8 must throw and catch, hit the ball, jump up and down, run, swim.

► Children under the age of 8 should not participate in competitive and team sports as they may experience despair, frustration, and anxiety. And leave group games.

► Children between the ages of 8 and 10 can participate in organized competitions (internal competitions in schools) depending on their level of development but still learn the need to help them acquire skills and cope with frustration and failure.

► Children who lose are more likely to drop out of the sport, and parents and caregivers should take care to encourage and encourage the child by providing the right environment, such as participating in a competition in which he or she is most capable. These ages are the best time to engage in different sports and choose their favorite sport.

► Children 11 to 12 years' old ◀

► At this age, they can enjoy competing in sports and still learn new skills. Some children in this age group show special talent and interest in a particular sport and can progress in this field by having a coach. Exercising at this age can include team sports trips.

► The best sport for adults and children is cycling, which is economical and does not pollute the environment, provided there is a special road for bicycles on the streets.



► The important point is that adolescents should not be forced to do certain sports with too much physical and mental ability.

► The role of parents in children's sports ◀

Parents play a very important role in physical fitness and encouraging children to be physically active. Regular physical activity can help maintain good health, increase self-confidence, and create a positive self-image. Due to the growing trend of obesity in students and its consequences and problems such as cardiovascular disease, musculoskeletal problems, diabetes, etc., educators and parents must pay special attention to the activities of children and adolescents to Let our future generation not face a crisis in this regard. Encouraging students to exercise during their studies can help them develop good habits and ensure their health throughout their lives.



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Regular exercise has several benefits:

- ▶ Improves blood flow and leads to optimal use of oxygen.
- ▶ Strengthens the heart and vascular system and lowers blood pressure.
- ▶ Improves muscle tone and strength, joint flexibility, and balance.
- ▶ It Strengthens bones, reduces body fat, and helps you maintain a healthy weight.
 - ▶ Regular exercise provides you with the ability to perform physical activities without feeling tired or short of breath.

▶ The benefits of exercise in children ◀

- ▶ Their physical mobility and fitness at older ages
 - ▶ Learn to respect others

- ▶ Understand the importance of team games and coordination with other children
- ▶ Increase the physical strength of the sense of competition in them
- ▶ Entering the community and group games



- ▶ Increase confidence in them
- ▶ Contact with different people and situations



▶ The effect of exercise in pregnant women, fetuses, and infants ◀

Doing light exercise in consultation with doctors and physical education instructors in pregnant women has no side effects and the following effects:

- ▶ Create thermal response and improve blood circulation
- ▶ Changing the direction of blood from the uterus and placenta to the limbs and reducing abdominal pain
- ▶ Reduce cardiovascular stress and increase oxygenation capacity