

A publication of Fitness for Youth

Motor skills boost self-esteem



A recent study indicates teaching at-risk children to kick, skip and throw will boost their self-esteem. Researchers found that at-risk pre-school students who received motor skill training had more confidence in their physical and mental abilities than those who did not. With these kids facing so many obstacles in life, teaching them motor skills may prove to be that much-needed hop, skip and a jump toward success.

Physical Activity Today, Winter 1997

Girls prefer B-ball; boys football

During the 1995-96 school year the most popular high school sport among guys was football. Their female counterparts chose basketball. The sports showing the most increase in players were fast-pitch softball for girls and outdoor track and field for boys.

ACSM Health & Fitness Journal, Jan./Feb. 1997

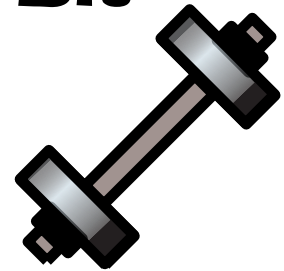
Girls play more, exercise less

More females are participating in sport than ever before. About one in every three girls plays high school athletics, up from only one in 27, 30 years ago. Unfortunately, girls who do not participate in sport are more likely than their male counterparts to become inactive. Only 30 percent of these girls exercise at least three days a week. Researchers suggest that requiring daily physical education and offering non-competitive physical activities like dance may reverse this trend.

The Associated Press

Kid Bit

A rhinoceros beetle can lift 850 times its own weight.



SOMETHING TO PONDER

Fitness Through the Ages

(Most common fifth and sixth grade P.E. activities vs. most popular adult fitness activities)

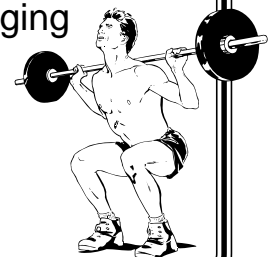
Most Common Physical Education Activities:

1. Calisthenics and Exercise
2. Jogging
3. Basketball
4. Kickball
5. Dodgeball (for boys)
Relays (for girls)



Most Popular Adult Fitness Activities:

1. Free Weights
2. Stationary Bicycles
3. Fitness Walking
4. Running/Jogging
5. Treadmills



Health and Fitness Through Physical Education, 1994; Tracking the Fitness Movement, 1996.