

Guidelines for Appropriate
Physical Activity for Elementary
School Children
2003 Update

切合小學學童的體能活動指引
- 2003更新

http://www.aahperd.org/naspe/pdf_files/input_activity.pdf

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Rationale 理論基礎

- Extensive evidence has accumulated to document the health benefits of regular physical activity

Guideline 1: 指引|1:

- Children should accumulate at least 60 minutes, and up to several hours, of age-appropriate physical activity on all, or most days of the week. This daily accumulation should include moderate and vigorous physical activity of which the majority being 學童一星期平均每日需最少累積60分鐘至數小時切合其年齡的體能活動，當中主要包括中強度及高強度的體能活動

Guideline 2: 指引|2

- Children should participate in several bouts of physical activity lasting 15 minutes or more each day 學童須每日參與幾節15分鐘或以上的體能活動

Guideline 3: 指引|3:

- Children should participate each day in a variety of age-appropriate physical activities designed to achieve optimal health, wellness, fitness, and performance benefits 學童應每日參與多種類型切合其年齡的體能活動，以達致最佳的健康及表現

Guideline 4: 指引|4:

- Extended periods (prods of two hours f more) of inactivity are discouraged for children, especially during the daytime hours 過長時間(2小時或以上)沒有體能活動，尤其是日間對學童是不好的

Contents of the Comprehensive Report 綜合報告的內容

- Purpose 目的
 - Provide meaningful physical activity guidelines for parents, physical education teachers, classroom teachers, youth physical activity leaders, administrators, physicians, health professionals and all others dedicated to promoting physically active lifestyles among children
 - Provide guideline for the amount of physical activity for children ages 6-12

Definition 定義

- Accumulated physical activity
- Age or developmentally appropriate physical activity
- Bout
- Continuous physical activity
- Exercise
- Health
- Health-related physical fitness
- Intermittent physical activity

Table 1. Examples of Appropriate Intermittent and Continuous Physical Activity for Children
表1: 切合學童的間歇性及持續性體能活動例子

Activity Type	Intermittent	Continuous
Moderate Activities	-Low intensity games -Playing low activity positions in sports -some chores & yard work	-walking to school -bike riding -some chores & yard work
Vigorous Activities	-active games involving running, chasing etc. -playing sports	-self selected activities such as jogging

Definition 定義 cont'續

- Moderate physical activity
- Motor skills
- Physical activity pyramid
- Physical activity
- Physical fitness
- Vigorous physical activity
- Wellness

Rationale for Guideline 理論基礎指引

- Physical activity and chronic disease prevention and risk reduction 體能活動、慢性疾病的預防及危機減少
- Physical activity and obesity prevention 體能活動與預防過胖
- Physical activity and physical growth and development 體能活動與身體成長及發展

Rationale for Guideline cont'理論基礎指引續

- Physical activity and physical fitness 體能活動與體能健康
- Physical activity and motor skills 體能活動與體動神經技巧
- Physical activity and cognitive function 體能活動與認知能力

Rationale for Guideline cont' 理論基礎指引續

- Physical activity and wellness
體能活動與健康
- Unique characteristics of children
學童的獨特特徵
- Decreasing physical activity across the lifespan
生活里程的體能活動遞減
- Need for Bouts of Physical Activity
分段運動的需求

Important Concepts about Physical Activity for Children 關於學童體能活動的重要概念

- Young animals, including humans, are inherently active
年幼的動物，包括人類與生俱來均是活躍的
- Children usually have a relatively short attention span for tasks compared to adults
與成年人比較，學童的注意力一般較短

Important Concepts about Physical Activity for Children cont' 關於學童體能活動的重要概念續

- Children are concrete rather than abstract thinkers
學童的想法是具體多於抽象
- Children are typically active intermittently and need frequent periods of recovery
學童一般是間歇性活躍，並需要常有恢復時期
- The relationships between physical activity and physical fitness is not strong in childhood and youth
在童年及少年階段，體能活動與體能健康的關係並不明顯

Important Concepts about Physical Activity for Children cont' 關於學童體能活動的重要概念續

- Physical activity is a significant medium for learning for children and youth
體能活動是學童及少年的重要學習橋樑
- Many, if not most, of the skills used in adult recreation and leisure are learned during the school years
即使不是全部，大部份成年人的康樂及閒暇活動技巧是在學童時代學習的

Important Concepts about Physical Activity for Children cont' 關於學童體能活動的重要概念續

- High intensity physical activity has benefits, but may reduce persistence among some people including children and youth
高強度的體能活動是有益的，但對一些人而言，包括學童及少年，會減少持續性
- Inactive children and youth are more likely to become sedentary as adults than children and youth who are active
不活躍的學童及少年比起活躍的學童及少年更容易變成不愛動的成年人

Important Concepts about Physical Activity for Children cont' 關於學童體能活動的重要概念續

- Just as children and youth can learn the habit of regular activity involvement; they can learn to be inactive if they are not given opportunities when young
學童和少年可以養成定時運動的習慣，同樣若他們沒有機會參與活動，他們也會變得不活躍

Appropriate Activity Models for Children 切合學童的活動模式

- Lifetime Activity Model
 - 30 minutes of moderate physical activity most days of the week
- Exercise Prescription Model
 - Modified that based on the principally on adults
 - 20 minutes of more vigorous physical activity three days a week

The physical activity pyramid 體能活動金字塔

- Physical activity accumulated from 5 different types of activities

Guideline for Promoting Physical Activity in Schools and Physical Education 在學校推廣體育及體能活動的指引

- Provide Time for Activity in the School Setting 在學校設計上為活動花上一些時間
- Encourage Self-Monitoring of Physical Activity 鼓勵體能活動的自我監察
- Individualize Activities 個人化的活動

Guideline for Promoting Physical Activity in Schools and Physical Education cont' 在學校推廣體育及體能活動的指引續

- Expose Youngsters to a Variety of Physical Activities 向小朋友介紹多種類型的體能活動
- Focus Instructional Feedback on Process, not product 著重過程中的回應，而不是結果
- Continue to Teach Physical Skills 持續教授體能技術

Guideline for Promoting Physical Activity in Schools and Physical Education cont' 在學校推廣體育及體能活動的指引續

- Be an Active Role Model 成為活躍的模範
- Care about the Attitudes of Students 關注學生的態度
- Teach Positive Approaches to Lifetime Activity 教授正面的方法以養成終身運動的習慣

Guideline for Promoting Physical Activity in Schools and Physical Education cont' 在學校推廣體育及體能活動的指引續

- Promote Activity outside the School Environment 於學校外環境推廣運動
- Consider Lifetime Activities 考慮終身運動