

## **Playing Sports**



Name

\_\_\_\_\_ Class \_\_\_\_\_

Date \_\_\_\_\_

The key guidelines for school-aged children and adolescents focus on **three types of activity**—aerobic, muscle strengthening, and bone strengthening. Each has important health benefits. Certain activities can be aerobic as well as muscle or bone strengthening.

## Go Team! Group Sports

Aerobic activities are those in which young people rhythmically move their large muscles for a sustained period of time. *Basketball*, *football*, *soccer*, *baseball* and *volleyball* are all sports that involve aerobic activities. Aerobic activities increase cardiorespiratory fitness.





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## PREVIEW

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