

WHAT'S AGE APPROPRIATE FOR KIDS & SPORTS

Ages 2 to 3

Very young kids are beginning to master many basic movements — running, catching, jumping — and they're too young for most types of structured exercise. Try:

- Running and walking, in a yard or playground
- Swinging on a yard or playground set
- Supervised water play
- Toddler gymnastics classes led by professionals
- Tumbling

Ages 4 to 6

- Dancing
- Games such as hopscotch or tag
- Jumping rope
- Playing catch with a lightweight ball
- Riding a tricycle or a bike with training wheels

After age 6, children's motor skills and sense of safety improve. Your child may also be ready for team sports.

Ages 7 to 10

- Baseball
- Gymnastics
- Soccer
- Swimming
- Tennis
- Biking

Age 10 and up

- Carefully supervised weight training
- Organized team sports
- Rowing
- Running and track and field events
- Softball

When it comes to organized sports, make sure your child really wants to play. Never force a child to participate or join a team. Also consider your child's schedule. Children who are already signed up for music lessons and the school play may feel overwhelmed if athletics are added to the mix.