How Active are Our Kids Today?

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Lots and lots of running
Girls are playing hop scotch
Boys playing tag
Some boys and girls are chasing each other
Playing in the dirt
The little girls are picking flowers
1st Grade
Pulling Leaves from trees
Swinging
Playing on the big toy
Digging in the dirt
Kickball
Using a rope a pretending to be on a train
Less interested in us
Constant movement
Boys and girls wrestling
Girls slightly bigger than the boys
2nd Grade Cont.

- Swinging
- Some running
- Sitting down talking
- Groups of girls and groups of boys
- Less active than 1st grade
3rd Grade
Girls are in groups playing with their purses
Boys are playing tag and are wrestling more.
Some girls are playing jump rope
Many kids are playing on the playground equipment
Boys are playing football and soccer
Kids are playing tag
Some are rolling down the hills
The little girls are doing some cheerleading.
Once again the boys are wrestling
Some are just sitting down enjoying the shade.
Girls are practicing cheerleading again
Boys are playing football and soccer again, some girls join
More clicks with a leader
Most girls are sitting around, boys are more active.
Some kickball is being played
6th Grade Cont.

- Lots of activity from the boys
- Boys playing football, soccer, and tag.
- Some of the boys are wrestling
- Boys are doing flips
- Girls are mainly just standing or sitting around, almost no activity from them.
Arkansas Statistics

- New Report Finds Arkansas Has 10th Highest Percent of Obese Adults and Second Highest Percent of Obese and Overweight Children in the U.S.

After observing the children we as a group have come to the conclusion, that the older our children get the less active they are. The younger children were very active and imaginative, unlike the older children who were more concerned about who was their friend at the time. Another factor that could play a part in this is what the children are offered during their recess time.

- Equipment not large enough for the amount of students.
- Limitations on play to avoid injury
- NOT enough time!!