

**Extended Reading – Exercise & Children  
Exercise with Children and Teens**

**Name:**

**Part 1: Define the following words:**

Paragraph 2: wane

Paragraph 2: affirm

Paragraph 5: vulnerable

Paragraph 7: trend

**Part 2: Use the Internet to look up and explain the following terms:**

Paragraph 1: The Journal of the [American Medical Association](#)

Paragraph 5: [National Institutes of Health](#)

**Part 3: What is meant by the following quotes?**

Paragraph 2: "The findings, which measured everything from moderate walking to vigorous athletic pursuits, show clearly that even the most energetic young children experience a precipitous drop in physical activity as they reach puberty."

Paragraph 5: "mathematical modeling"

**Part 4: Topic Sentence/Supporting Detail**

*Put the Introduction designed to give background to the essay in Italics*

**Underline and put in bold print the Thesis Statement for the essay**

**Put the Topic Sentence in blue type for Support Paragraphs 5, 6, and 7.**

**Put one Example of Supporting Detail in red type for Support Paragraphs 5, 6, and 7 that provides evidence for the Topic Sentence of that paragraph.**

**Put the Conclusion that restates the Thesis Statement in different words in Green type.**

**Put the Conclusion that takes the reader a step further in Underlined Green type.**

## **Part 5: Critical Thinking**

What do you think are the primary reasons for the trend brought out in the article?

List one reason that either supports the trend or goes against it that is not mentioned in the article.

As Children Grow, Activity Quickly Slows

By [TARA PARKER-POPE](#)

Published: July 16, 2008

New York Times

1Young children spend an extraordinary amount of time moving about: an average of three hours a day at age 9, new research shows. But in just a few short years, all that childhood energy disappears. By the age of 15, daily physical activity is down to just 49 minutes on weekdays and about a half-hour on weekends, according to the research, being published Wednesday in *The Journal of the American Medical Association*.

2Experts have long believed that activity wanes as children enter their teenage years. This study affirming that belief, one of the largest and longest ever undertaken on the subject, followed about 1,000 children from around the country and, unlike many previous studies, used monitoring devices to track the activity carefully rather than relying on reports from parents. The findings, which measured everything from moderate walking to vigorous athletic pursuits, show clearly that even the most energetic young children experience a precipitous drop in physical activity as they reach puberty.

3"I was surprised by the degree of the drop; it's a dramatic shift," said the lead author, Dr. Philip R. Nader, emeritus professor of pediatrics at the University of California, San Diego. "Younger children appear

to be naturally active, but as kids get older, they find fewer opportunities to be active."

4The research was part of the continuing Study of Early Child Care and Youth Development, a look at the health of American children that was begun in 1991 and is financed by the National Institutes of Health. The authors had the children wear accelerometers, devices that measure movement, for a week at each of four ages: 9, 11, 12 and 15. Over all, boys were more active than girls, moving an average of 18 more minutes a day.

5Age 13 appeared to be a particularly vulnerable time. Though activity was not measured at that age, mathematical modeling showed it was at that point that daily weekend activity, for boys and girls alike, dropped below 60 minutes.

6The percentage of children who met the government's recommendation of one hour of moderate daily activity shifted markedly over time. At 9 and 11, almost every child in the study was moving at least an hour a day. But by 15, only 31 percent met the guideline during the week, and just 17 percent on the weekend.

7The study did not measure reasons for the decline, but researchers noted the following trends. Schools often curtail physical activity as children get older. Not only does recess stop, but many schools drop physical education as well. Physical Education is defined as programs in the schools where students take courses about exercise and participate in sports. In addition, sports become more exclusive as children grow, allowing only the best athletes to compete. 10 "When you are younger, it's much easier to go out and do things spontaneously," said James A. Griffin, deputy chief of the Child Development and Behavior Branch at the national institutes' Center for Research for Mothers and Children. "But when you get older, kids tend to play a video game or watch television with their friends.

8The study concluded that the drop in exercise and activity from early childhood, middle childhood, and teenage years is significant and

alarming. Parents need to be aware to help their children keep a balance that works a little better between school work, video games and television on the one hand and physical exercise and sports on the other.