

AGE RELATED DEVELOPMENT

8 to 11 years Old

Cognitive Development: These are the years where there's the strongest link between body and mind, so keeping kids eight to eleven active helps them learn! During these years, many young people become competitive and struggle with losing. Good sportsmanship is often a challenge. So invest extra time into the lessons of winning and losing graciously.

Sleep: Sleep is always important, but to growing bodies and minds it's crucial. Children this age should get nine to 11 hours of sleep a night. Lack of sleep makes kids clumsy and unable to manage their emotions, but most importantly, sleep is vital in healthy brain development.

Hydration: Not getting enough hydration for a child can create muscle weakness, fatigue and headaches. Participants in this age group should be drinking between one and a quarter and one and three quarter litres of water every day.

Emotional Development: At this age, participants still tend to want to come first, and many still want all the attention on them, which means that squabbles can break out when a child feels overlooked or left out. Kids in this age group often easily get their feelings hurt. So introduce games and activities that are less competitive and more collaborative, and activities that give every child a chance to shine.

Physical Development: Kids are becoming more physically confident and aware of their bodies during these years. Most can dribble a ball with one hand and ride a two-wheeled bike. They are becoming more skillful at skipping, catching and throwing a ball. Participants between 8 and 11 like to move. They can become restless if they have to sit for too long, so keep instructions short and activity level high.