Critical Thinking: Right Fit Activities

Use the information that you have learned in this lesson to think about the importance of planning activities that are a good fit for school-age children in your program. Reflect on what you have learned and any experiences you have had with school-age children and answer the following questions.

1. In your opinion, why is planning the right fit physical activities important?

2. What do you think may happen if a child is always struggling to compete with their peers and never has the opportunity to succeed at an activity?

3. What do you think may happen if a school-age child is given activities that are too easy and seem childish?