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[Aerobics for young children: the thematic approach](#)

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Journal article : [CAHPER Journal](#) 1994 Vol.60 No.1 pp.17-20 ref.

Abstract : In today's society young children have few experiences with aerobic exercise. This type of exercise has traditionally been reserved for adults. However, aerobic exercises can be used in a preschool environment. They are best presented through a thematic approach so that children can form impressions about themselves and their surrounding environment. When preschoolers are exposed to aerobic exercise...

educators must modify the programmes so that they adhere to the physiological and affective characteristics of this age group. Directed at preschoolers, aged 3-5 years, this paper elaborates the relationship between the thematic approach and aerobic physical education for young children, and outlines the contents of a viable programme for this age category.

ISSN : [0834-1915](#)

Record Number : 19941804436

Language of text : [English](#)

Language of summary : [English](#)

Indexing terms for this abstract:

Organism descriptor(s) : man

Descriptor(s) : aerobics, children, infants, physical education, preschool education

Broader term(s) : Homo, Hominidae, primates, mammals, vertebrates, Chordata, Eukaryota, eukaryotes

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