

# Active After-School Pastimes

bike riding

jumping  
rope

walking

running

skating

swimming

playing  
basketball

dancing

playing  
hockey

doing yoga

From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

doing  
chores

playing  
catch

tossing a  
Frisbee

playing  
baseball

playing  
kickball

playing  
soccer

playing  
tag

playing  
hopscotch

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