

Which Sport Is Right for Your Child?

Finding an activity that suits your child's personality sets the stage for a lifelong love of being active.

Action Heroes



Faster than the speed of lightning, your child would literally climb the walls if he could.

Football, martial arts:

“Kids who are more aggressive may enjoy sports like football or martial arts that involve lots of contact,” says John Engh of the National Alliance for Youth Sports.

Social Butterflies



Your child loves nothing more than a party—and is often the life of it.

Baseball, basketball, volleyball:

These are all sports that encourage teamwork, but also allow kids to shine individually, says Engh.

Shy Guys & Girls



Your child takes some warming up (and may cling to your pant leg in the meantime).

Running, swimming, soccer:

Solo sprinting or swimming may be just the thing for kids who prefer alone time. Soccer is also a good option, as it offers the anonymity of a group on the field (versus the pressure of all eyes on the player at bat).

Natural Performers



Your child was dancing and putting on “shows” almost as soon as he or she could walk.

Cheerleading, dance, gymnastics:

These all involve a good amount of showmanship, while also giving kids a workout.