

Physical Activity For Children

Two to Three Years

All children from birth to age 5 should engage daily in physical activity that promotes movement skillfulness and foundations of health-related fitness (NASPE, 2009).

Movements to Work on With Your Child

- ◆ Balancing
- ◆ Climbing
- ◆ Collapsing
- ◆ Hiding
- ◆ Holding
- ◆ Jumping
- ◆ Marching
- ◆ Rolling
- ◆ Running
- ◆ Rushing
- ◆ Sliding
- ◆ Shuffling
- ◆ Tramping
- ◆ Turning
- ◆ Twisting
- ◆ Waddling

Benefits of Physical Activity to Children

- ◆ Healthy heart
- ◆ Social development through play
- ◆ Problem solving skills
- ◆ Increased coordination and movement skills
- ◆ Enhanced attention and focus
- ◆ Higher self-esteem

Sample Toys

- ◆ Light Wheelbarrow
- ◆ Play Barrels
- ◆ Pull Toys-With Strings
- ◆ Realistic Ride-Ons (Motorcycles, Tractors)
- ◆ Rhythm Instruments
- ◆ Rocking Horse
- ◆ Sleds-Shorter Than Child's Height
- ◆ Spinning Seat

Games

Chase Me Chase Me	Super Kids	Log Rolling	Balance Trail
Playfully chase your child safely throughout the playground or open area and hug the child upon capture. "You chase, I flee, can you catch me? All around we run, exercise can be fun."	Work on your child's ability to jump and land safely by holding his or her hand while jumping from low steps, curbs, or boxes. Practice landing on both feet and bending the knees.	Demonstrate how to create a long, stiff log shape on the floor with fingers clasped above the head and arms extended. Challenge your child to roll like a log by keeping the legs stretched and "glued" together.	Create a balance trail of objects such as wooden planks, twisted rope, and taped pathways that spark your child's movement and balance skills.

References:

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner- Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

National Association for Sport and Physical Education (NASPE). Active Start, A Statement of Physical Activity Guidelines For Children From Birth to Five Years, 2nd Edition, <http://www.shapeamerica.org/>. 2009.