Physical Activity For Children
One to Two 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
- Arching
- Clapping
- Falling
- Grabbing
- Pressing
- Jerking
- Jumping
- Kicking
- Pressing
- Pulling
- Rising
- Rolling
- Squeezing
- Swaying
- Walking

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
- Cymbals, Drums, Xylophones
- Plastic Bowling Set
- Small Doll Carriages
- Squeeze Toys
- Activity Tables
- Plastic Bowling Set
- Toys Propelled by Feet, No Pedals, Four Wheels

Games

<table>
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<tr>
<th>Body Part Follow the Leader</th>
<th>Squeeze Me</th>
<th>Let’s See, I’ll Be..</th>
<th>Challenge Walk</th>
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<tr>
<td>Move your body and encour...</td>
<td>Have your child grasp, squeeze, and release cloth, yarn, foam, or crumpled paper balls, and to move the object around different body parts.</td>
<td>Ask the child to imitate the action of: • A tree swaying • The sun rising • A cat arching its back • A kangaroo jumping.</td>
<td>Have your child walk twisting pathways, up and down small inclines or hills, along wide ledges close to the ground, and up and down low steps.</td>
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References: