Physical Activity For Children
Five Years Old

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

Movements to Work on With Your Child
- Catching
- Charging
- Chasing
- Dangling
- Jumping
- Leaping
- Prancing
- Scattering
- Scurrying
- Skating
- Skipping
- Sneaking
- Striking
- Strutting
- Surrounding
- Swinging
- Throwing
- Tip-Toeing

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
- Bicycle with Training Wheels
- Climbing Ropes
- 8" Foam Balls
- Full Size Rocking Horse
- Full Size Scooter
- Hopscotch Mats
- Jump Ropes
- Junior Size Soccer ball, Football, Basketball, Volleyball,
- Bats and Tee
- Kites
- Low Stilts
- Tennis Balls
- Tumbling Mats, Cylinders
- Velcro Catching Mitts

Games

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<th>Targets</th>
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| Make creative targets for aiming and throwing practice.  
  • Draw on or cut holes in cardboard boxes  
  • Line up plastic bottles | Skipping Prancing Chasing Hopping  
  Tumbling Jumping Strutting Twisting  
  Turning Throwing Catching Rolling  
  Tip-toeing Balancing Stretching  
  Flying Waddling Dodging Bouncing  
  Rolling Plodding Running Galloping  
  Bending Kicking Trotting Marching | Toss a balloon into the air and call out the part of the body to be used to strike it (knee, foot, and elbow). The balloon can also be batted, kicked, or bounced between two players. |

References: