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
- Crawling
- Creeping
- Grasping
- Patting
- Reaching
- Releasing
- Stretching
- 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
- Chime Bells
- Low Climbing platforms
- 3” Clutch Balls
- Crib Gym
- Infant swing with restraining strap
- Floor Mirrors
- Mobiles
- Pat Mat
- Push & Pull Animals on wheels/rollers
- Push & Pull Cars
- Snap-Lock Beads

### Games

<table>
<thead>
<tr>
<th>Shake It Up!</th>
<th>Bubble Burst!</th>
<th>Kick! Kick! Kick!</th>
<th>Active Exploration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Move your body and shake a rattle. Encourage the child to move in the motion similar to the way you move your body.</td>
<td>Place the child in a reclining chair. Blow bubbles within the reach of your child. Show him or her how to pop the bubbles.</td>
<td>Sew bells to a lightweight pillow and place the object within kicking distance of the child’s legs.</td>
<td>Empty cardboard boxes, overturn chairs and clothes baskets, drape chairs with blankets. Invite your child to explore the environment you create!</td>
</tr>
</tbody>
</table>

### References: