

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

| Targets | Movement | Balloon Body Juggling |
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| <p>Make creative targets for aiming and throwing practice.</p> <ul style="list-style-type: none"> • Draw on or cut holes in cardboard boxes • Line up plastic bottles | <p>Use a large monthly calendar and ask your child to assist you in filling in each daily block with a different physical activity skill.</p> | <p>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</p> <p>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.</p> |

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.