

# Physical Activity For Children Six Months to One Year



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
- ◆ 3" Clutch Balls
- ◆ Crib Gym
- ◆ Infant swing with re-straining strap
- ◆ Floor Mirrors
- ◆ Mobiles
- ◆ Pat Mat
- ◆ Push & Pull Animals on wheels/rollers
- ◆ Push & Pull Cars
- ◆ Snap-Lock Beads

## Games

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

### 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.