

Physical Activity For Children

Three to Four 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

- ◆ Bouncing
- ◆ Darting
- ◆ Dashing
- ◆ Dodging
- ◆ Fielding
- ◆ Flying
- ◆ Galloping
- ◆ Hopping
- ◆ Jumping
- ◆ Plodding
- ◆ Scampering
- ◆ Searching
- ◆ Slithering
- ◆ Soaring
- ◆ Springing
- ◆ Striking
- ◆ Tossing
- ◆ Trudging
- ◆ Wandering

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

- ◆ Bouncing Tubes, 24" Hoops
- ◆ Bowling Set
- ◆ Double Blade Ice Skates
- ◆ Jump Ropes or Spider Balls
- ◆ Lightweight Hand Paddles
- ◆ Low Balance Beam
- ◆ Pedal Ride-Ons
- ◆ Rhythm Band Instruments
- ◆ Scooter Boards –Safety Grips
- ◆ See-Saw
- ◆ Low-6' Tunnel
- ◆ Soft Baseball & Bat
- ◆ Stick Pony
- ◆ Tricycle-Low Slung 10"-12" Back Wheel
- ◆ Wading Pool

Games

Read, Run, & Race About	Alphabet Zoo	Ride'em Cowboy/Girl	Cape Capers
Select a favorite action storybook and have the child imitate the actions and expressions of the characters as the story is read aloud.	Create an action story on an imaginary visit to the "Alphabet Zoo." Go through the alphabet using an animal that starts with each letter. Have your child imitate the movement of that animal. (Bird – Flying)	Place a jump rope under the arms of the child and grasp the pretend reins as the child gallops in creative pathways. "Giddy up horse walk, trot, run, whinny, whee hee hee! Oh what fun! Riding together you and me."	With a small blanket or bath towel, show how to make a cape, placing the prop behind the neck. Have your child grasp the prop over outstretched hands and pretend they are flying like an eagle, flapping wings and soaring.

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.