

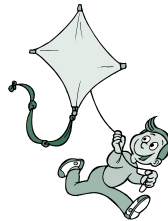
Active Play Movements to Try

Skipping	Prancing	Chasing	Running
Hopping	Tumbling	Jumping	Galloping
Strutting	Twisting	Turning	Trotting
Throwing	Catching	Rolling	Hiding
Tip-toeing	Balancing	Stretching	Bending
Flying	Waddling	Dodging	Marching
Bouncing	Rolling	Sneaking	Collapsing

Ideas for Physical Play Toys



Full size rocking horse
Wagon
Climbing ropes
Kites
Jump rope
Foam hockey mitts
Velcro catching mitts



Junior size:

Soccer ball, football, basketball, bats and batting tee
Bicycle ** with training wheels, scooter**

** Wear safety helmet

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New Hampshire Department of Health and Human Services,
Division of Public Health Services, Nutrition and Health Promotion Section,
WIC Program, 29 Hazen Drive, Concord, NH 03301
Adapted from Hofstra University's "Parent's Guide to Physical Play".

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Physical Play Every Day!

Fun Ways to Keep Your Child Active and Fit

(Ages 4 and 5 Years)

Why Physical Play?

Physical play is important for healthy growth and development of young children.

Through active play, children learn:

- about their bodies,
- what their bodies can do, and
- how to control things around them.

A love of physical play is one of the most important gifts you can give your child.

The next page has physical play activities for children 4 and 5 years old . As your child grows older they will be able to do more.

Try some of the following with your child and have some fun!



Let's Play!

Search and Find Hide five to ten slips of paper throughout a two to three room area and keep your child's interest with a promise of a "favorite activity" when the slips are collected. Write parts of the favorite activity on each piece of paper so that it is spelled out when all the papers are found. Example: "Hide and Seek"

HI DE AND SE EK

Targets Make targets for aiming and throwing practice.

- Draw on or cut out holes in cardboard boxes
- Line up plastic bottles and/or cans
- Roll a Hula-Hoop™
- Scatter paper plates
- Use chalk to make different shapes



Movement Month Use a large monthly calendar and ask your child to help you in filling each daily block with one of the "Active Play Movements" listed on the back cover. Ask your child to place a ✓ next to the activity each day, after doing it .



Balloon Body Juggling Toss a balloon and call out the part of your child's body to be used to hit it. (i.e. knee, foot, elbow...) The balloon can also be batted, kicked or bounced the papers are found. Example: "Hide and Seek" between you and your child or another child.

"Balloon juggle with your body. Can you hit it with your knee? Bounce it twice on your elbow. Kick it up if it goes low."



NOTE:

Balloons can be a choking hazard. If you have other children under 3 years old in your home, use another light weight balls like a NERF ball™ or beach ball instead.