



Physical Activities

Did you Know?

Children in the early years should have up to three hours of physical activity every day. As well as keeping your child healthy and strengthening muscles, physical play develops coordination, balance, gross and fine motor skills. These are all essential for learning to write, speak, toilet training, self-help and independence!

So, here are some activities to inspire your winter exercises...

Keep the Balloon Up

Outdoors or indoors, ask your children to use their hands or a plastic bat to keep a balloon afloat. How long can they keep the balloon off the ground?

Puddle Jumping

Throw on your most waterproof gear and allow the children to jump in, out, and over puddles.

Run Away From the Monster

Children love a game of chase, especially with a parent or other adult they trust. A game of running from a “scary” monster will involve much squealing with delight.

Balancing

Children love walking along wall tops or logs! You can recreate these at home using masking tape on the floor. Encourage your child to walk forwards, backwards, and sideways. You can make it fun by pretending that the floor is a crocodile infested river, and they have to walk across the tape to get the other side safely! When your child masters a straight line, add semi-circles or zigzags to add a bit more of a challenge.

Hike

Get into nature and encourage your child to climb hills, jump over sticks, and balance on tree stumps.

Clearing Snow

Give your child a spade and a bucket and they can help to clear the paths in the garden. You can add some maths by talking about the bucket being full, empty, heavy and light. Your child will be developing lots of muscles as they dig, all important for when they come to draw and write!

Pillow Walk

Set up a line of couch, throw, or bed pillows on your floor, and have your child walk from one end to the other. It may sound easy but their balance will be challenged!

Climb a tree

On a dry day, pick a tree with low branches and let your child climb. Be close by for help but let your child see how far they can get on their own. Teach your child to avoid standing on a branch that wobbles as it will not be strong enough to take their weight!

Hills

Have fun running up and down hills! What other surfaces can your child run, jump and skip on? Leaves, pebbles, sand and mud, the choices are endless! These may sound boring to you, but you've been using your legs for longer than 36 months!

Pillow Balance

Can your child travel from one room to another with a pillow balanced on their head? You could make this more difficult by asking them to collect things from one room to bring back to you.

Bubble Wrap Jump

Bubble wrap is not just for packing fragile objects. If you are lucky enough to receive a delivery containing bubble wrap, have your child jump and pop to their heart's content.

Obstacle Course

Indoors or out, let your imagination run wild as you set up an obstacle course for your child. Have them crawl under tables, climb over chairs, jump over ropes, hop from cone to cone, crawl through a cardboard box, jump through a line of hula hoops, throw a family of stuffed animals into a laundry basket, etc. etc.