

## Family Activities



**School Readiness Skill: Runs, jumps, climbs, and does other activities that develop large muscles**

Preschoolers should be given a wide variety of movement experiences that require them to coordinate their body movements. Below is a listing of activities families can do with children to support the development of large muscles and provide exercise.

### Do the Hokey Pokey

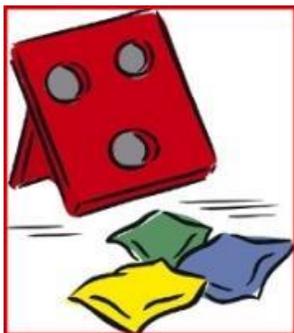
Try playing this classic game to increase your child's strength and flexibility. Tell your child you are going to play a game together. Sing the hokey-pokey song with your child and encourage him or her to move their body parts to the music. For example, invite him or her to move their right leg when you sing:

“Put your right leg in. Put your right leg out. Put your right leg in and you shake it all about. You do the hokey-pokey and you turn yourself around. That's what it's all about.”

Repeat the above activity over and over again using different body parts (left leg, right hand, left hand, right hip, left hip, right arm, left arm, right foot, left foot, head, etc.)



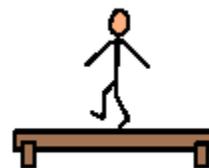
### Bean Bag Fun



Bean bag play is an excellent way to strengthen your child's balance, large muscle coordination, and hand-eye coordination. Use a bean bag or create your own bean bag using a cup of dry beans and a sandwich sized plastic zip-lock bag. Be sure to use tape on the seal to provide extra protection from spillage. Invite your child to place and balance the bean bag on different parts of their body including their head, arms, knee, elbow, ankle, foot, leg, etc. Once your child is able to balance the bean bag you may move onto tossing and catching the bean bag. Start off by tossing and catching the bean bag from only a few feet away from one another and then move further apart as his or her skills develop.

### Walk the Line

You can help your child improve their balance and control by walking on a line. Affix a line of tape on the floor for your child to practice walking on. You can also take the activity outdoors by using sidewalk chalk to draw a line on pavement.



## Simon Says

You can practice a whole range of large motor skills by playing the classic game of Simon Says. You will need to first model the skill for your child if it is one he or she is unfamiliar.

“Simon says . . . touch your toes” Add fun and challenge by trying some of the large motor movements below.

Large/Gross Motor Skills	
Hopping on two feet	Running in place
Hopping on one foot	Standing on one foot
Jumping	Walking
Skipping	Walking backwards
Galloping	

## Fun at the Park



Playgrounds are a great way for your child to practice a wide range of motor skills. Each playground is different so you will want to check out the variety your community may have to offer. The playground is a great way to practice running, jumping, climbing, swinging, sliding, walking up and down stairs, and much more!

## Physical Fitness Book List

There are many children’s books available that encourage physical activity. Check out your local library for some of these exciting choices.



*Super Simple Bend & Stretch: Healthy and Fun Activities to Move Your Body* by Nancy Tuminelly

*Hop, Hop, Jump!* by Lauren Thompson

*Miss Fox’s Class Shapes Up* by Eileen Spinelli

*Exercise* by Liz Gogerly

*Keeping Fit* by Megan Borgert-Spaniol