

ADVANTAGES OF MOVING

Fundamental movement skills are required at every stage of development to help build a solid foundation of an active life. Children need daily experiences to develop these building blocks gradually through a variety of structured and unstructured activities.

WHY IS IT IMPORTANT?



- Creates independence
- Increases confidence
- Establishes positive routines
- Improves cognitive ability
- Boosts mood
- Supports better sleep
- Reduces the risk of injury from accidents and falls



ALL OF THESE ADD TO THE ESSENTIAL SKILLS FOR EVERYDAY LIFE!

Children ages 1-4 years old should receive 180 minutes (2.5 hours) of active movement each day

PHYSICAL ACTIVITY IS MOVEMENT USING THE BODY, THAT

SPEEDS BREATHING

INCREASES HEART RATE

REQUIRES ENERGY

WHAT CAN YOU DO?

Find time throughout the day to encourage children to be active inside and outside the home by providing safe spaces.

Examples

- Climbing at the playground
- Dancing • Chase • Circle games
- Walking in the park • Swimming
- Play-Doh • Digging in dirt or sand
- Obstacle course in the living room

SET LIMITS ON SCREEN TIME

KEEP IT FUN! • BE A ROLE MODEL!

DIFFERENT WAYS TO MOVE

STRONG AND STABLE

- Kicking a ball • Walking up/down stairs
- Getting on/off ride on toys • Climbing

PLAYING WITH EQUIPMENT

- Ride on toys & trikes
- Pulling toy wagons, pushing doll strollers, toy wheelbarrows
- Helping with household chores (I.e., sweeping, gardening, shopping)
- Using toy bats & sticks, rackets, ribbon & bubble wands, hoola hoops, bean bags
- Playing ball (throwing, catching, rolling)

MOVING THROUGH SPACE

- Running • Walking • Jumping