

Family Fun and Fitness

Children today are less physically fit than ever before. Every day our class plays physically active games like Freeze Dancing, and the children have lots of opportunities to move their bodies during classroom activities and outdoors on the playground.

We also support children as they develop specific skills like jumping, kicking, catching, and throwing. These are skills children will use for a lifetime of physical activities, including sports. Here are some tips for increasing your child's physical activity.



Children need opportunities to develop and practice new skills like throwing, jumping, and climbing. Here are ideas to try at home.

Jumping. Hold your child's hands as you jump together or as she jumps from the bottom step to the floor. Place paper circles on the ground and jump from one circle to the next. Place bubble wrap on the floor and jump and stamp on it together.

Throwing and catching. Throw socks balled together into the laundry basket. Sit across from your child and take turns throwing and catching a ball. Stand and toss a small, soft pillow back and forth.

Kicking. Kick a large ball back and forth with your child at the park. At home crumple up aluminum foil and kick it back and forth across the kitchen floor.

Climbing. On the playground hold your child if he is having a hard time crossing the monkey bars on his own. Supporting him along the way will help build his strength and endurance.

- **Be a role model.** Children learn from the adults around them. Show your child you care about fitness by doing some of these fun fitness activities together.
- **Build an obstacle course.** Create a tunnel to crawl through using couch pillows, a path to walk on made of newspapers, and objects to jump over, like rolled-up towels. Have fun as you crawl, jump, and climb through your creation.
- **Go for an after dinner walk.** Find a time during the weekend or after school to walk together as a family. Try running, galloping, and skipping as you make your way around the neighborhood.
- **Dance together to favorite music.** Let each family member select a song. Take turns making up and trying out different dance movements.
- **Spend time outside.** Children use their whole bodies as they explore the outdoors. Collect leaves, acorns, and rocks, and use them in imaginative play. Bike together in your neighborhood or a local park. Explore the equipment at a nearby playground.

A message from your child's teacher
