

# Ludus Project

Activity  
Cards for  
Kids





# Index

Ludus Project 2

Parents 4

Preschool Teachers 70

Sport Coaches 140

Referances 206



# Ludus Project

The main objective of LUDUS “Development of Preschool Physical Activity Program for Strengthening of Grassroots Sports in EU ” is to promote healthy sport activity among preschool children and to contribute to the enhance of grassroots sports in EU countries through the development and implementation of enjoyable physical activity programs for preschool (1-6 year old) age groups in EU and Turkey.

Special aim of LUDUS is to develop “Voluntary-Based Preschool Physical Activity Program” model with the participation of sport scientists, pedagogues and related stakeholders and to implement and disseminate it in partner countries. The preschool physical activity program is focused on movement and fun. Therefore, the project motto is “Just Move Have Fun”.



# PARENTS

## 1-2 Yaş

Catching & Throwing  
Crawling & Walking  
Climbing  
Swimming

## 3-4 Yaş

Catching & Throwing  
Walking & Running  
Jumping  
Swimming

## 5-6 Yaş

Catching & Throwing  
Walking & Running  
Climbing  
Jumping  
Swimming



# 1-2 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop hand-eye coordination, the awareness of the different body parts, the socialization with object and with peers and parents and to develop the fine motor skills.

## **Why teach catching & throwing:**

Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.

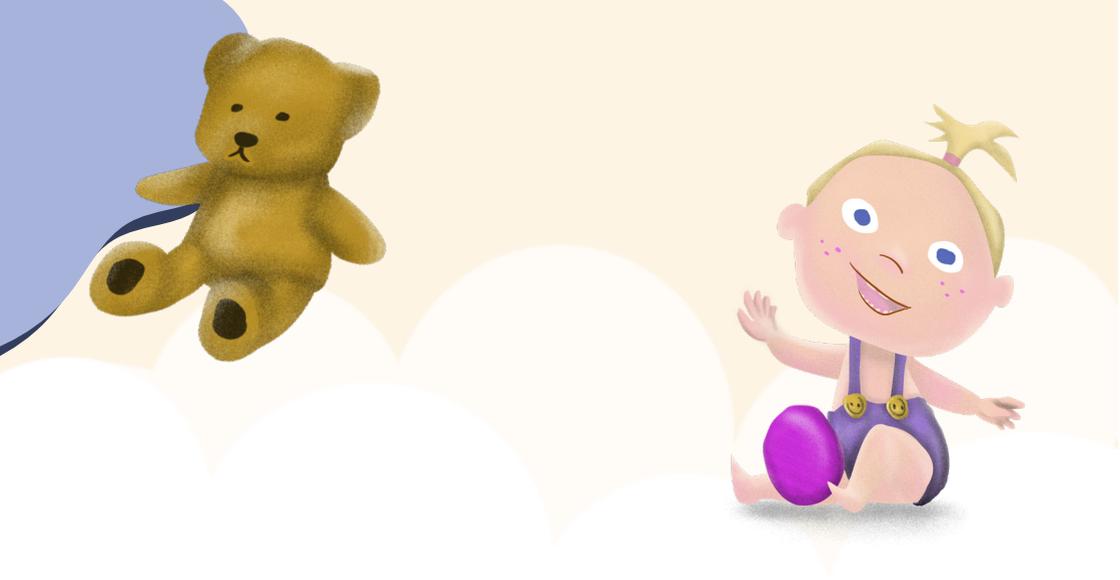
**Resource/Equipment:** Different games and packaging: puppets, balls, bowls, boxes, bottles,

# PARENTS

etc.; a sheet or drape/ blanket.

**Space:** Livingroom or child's bedroom, or any suitable outdoor/indoor playing area.

**What to do:** Play “The buried treasure” with your child; fill a basket or box with various items and games; prepare a cave with a sheet and a table or some chairs, which will be the hiding place of the treasure. Go to the discovery of the treasure with your child: you can encourage the toddler to transport the items out of the cave using various body parts, but above all plays with him/her!



**Alternatives/ Adaptations:** You can tell an adventure story or create an obstacle course to overcome with your child.

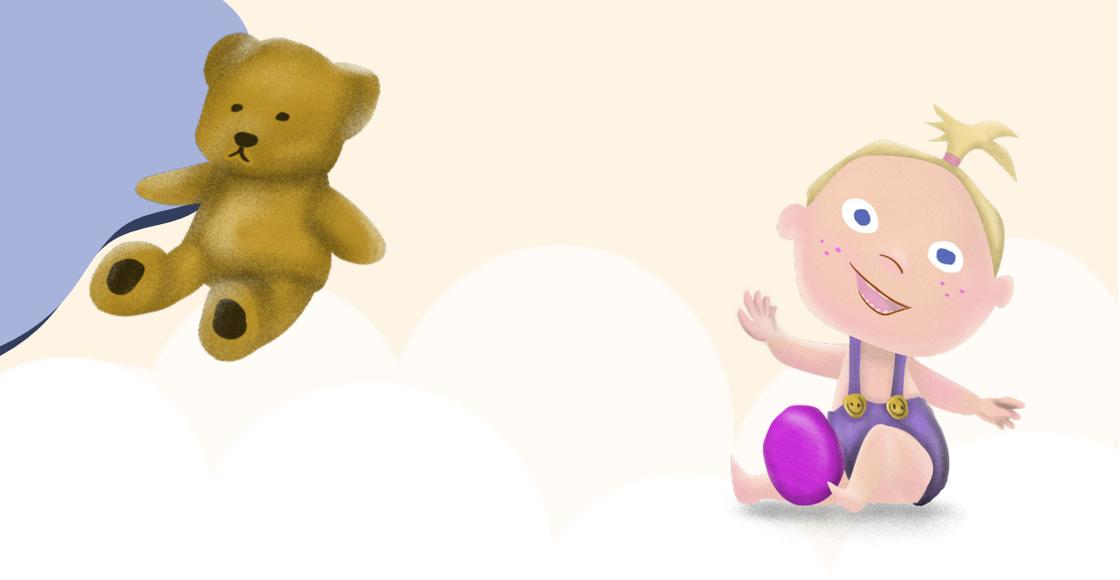
**Safety:** Make sure that the surface is suitable everyone.

# PARENTS

## 1-2 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop hand-eye coordination, the awareness of the different body parts, the socialization with object and with peers and parents and to develop the fine motor skill.

**Why teach catching & throwing:** Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.



**Resource/Equipment:** Colored balloons, sponge balls; boxes or baskets.

**Space:** Indoor or outdoor playing area.

What to do: Prepare various colored balloons and some boxes or baskets with the same color of the balloons. In the first part of the activity play with your child rolling, throwing and catching the balloons: throwing over the top, on the ground, on the wall. In the second part play with him/her to try to throw the balloon in the box with the same color of it.

**Alternatives/ Adaptations:** Instead of balloons you can use sponge balls, plastic dishes, plastic cap, etc.

**Safety:** Make sure that the surface is suitable everyone.

# PARENTS

## 1-2 Years Old Kids Crawling & Walking Activity 1

**Purpose of the activity:** To develop and refine crawling.

**Why teach crawling movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to crawl fairly well. These activities will encourage them to try these developing skills.



**Resource/Equipment:** Attractive toys.

**Space:** Indoor activity.

**What to do:** This activity works on locomotion on hands and knees.

- Place an attractive toy or natural loose parts on the floor in front of the baby, who is lying on his/her belly.
- Encourage the baby to get the toy by saying the name of the toy.
- Move the toy back as the baby approaches. Allow for success by letting the baby reach the toy.
- Use encouraging words and sounds.

**Alternatives/Adaptations:**

- Work on pushing up to hands and knees and balancing there. You may assist the baby into this position.
- Provide assistance by moving arm, leg, arm, leg, if

# PARENTS

if needed.

- This is a great opportunity to provide experience with your outdoor learning environment and interaction with natural elements.



## 1-2 Years Old Kids Crawling & Walking Activity 2

**Purpose of the activity:** To develop and refine crawling skills.

**Why teach crawling movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to crawl fairly well. These activities will encourage them to try these developing skills.

# PARENTS

**Resource/Equipment:** None

**Space:** A safe outdoor/indoor playing area.

## **What to do:**

- “Today we are going to move on the ground like a worm or a snake or a caterpillar.”
- “Watch how I am moving – first I move my right arm and then I move my left leg.”
- “First, let’s move like a worm. Let’s lay on our stomachs. Now move one arm and leg; now move the other arm and leg.”

## **Tips:**

- Children should move opposite arm and leg.
- This exercise is important in developing cross-lateral movement. This exercise involves lying on your stomach with head and shoulders off the floor and the weight of the body supported by the elbows.



Locomotion involves moving elbows and hips.

- Some children may have difficulty crawling. If they keep their chest on the floor, they are creeping.
- Use words that denote relationship and spatial awareness – over, under, through, around, forward, backward, right, left.
- Can be done outdoors in a grassy area – this will stimulate sense of touch and smell.

### **Alternatives/Adaptations:**

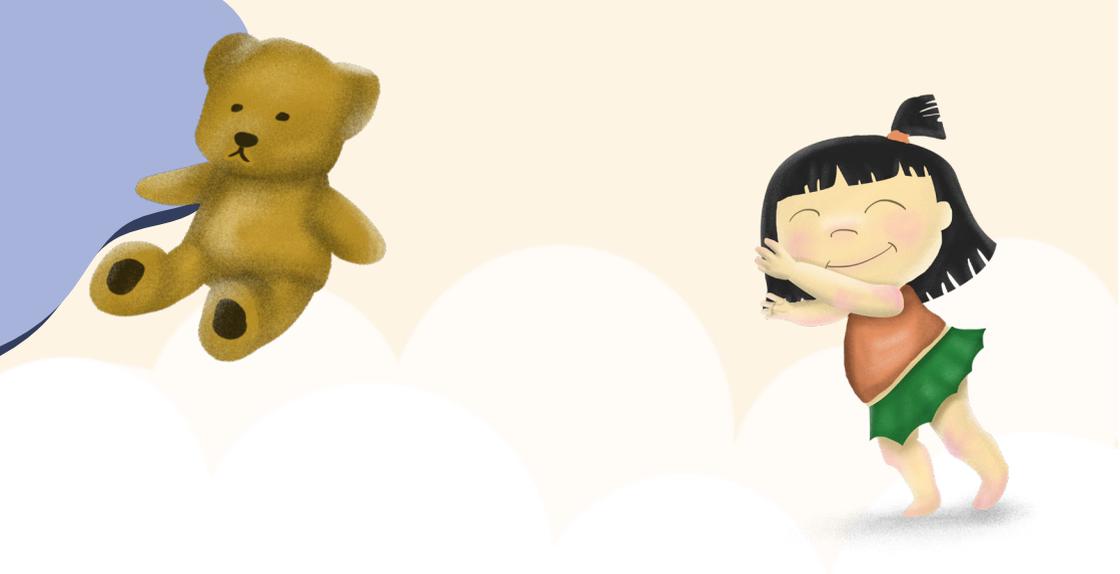
- If you have a large tunnel, have children crawl through it.
- Add obstacles to crawl around for spatial awareness.
- Ask what other animals crawl. Pretend to be a snake or a caterpillar.
- Place foam noodles across two chairs and have children crawl under the noodles.

# PARENTS

## 1-2 Years Old Kids Climbing Activity 1

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.



**Resource/Equipment:** Attractive toys.

**Space:** Indoor activity.

**What to do:** In this activity the infant is encouraged to creep over a barrier, such as the caregiver's legs.

- With the baby sitting on the floor to one side of you, sit with your legs out and knees together.
- Place a toy on your side opposite the baby and encourage the baby to climb over your legs to get it.

### Tips

- Encourage movement with positive words.
- Use toys or Loose Parts that sparkle or make noise to attract the child's attention and encourage him/ her to climb over the barrier.

# PARENTS

## **Alternatives/Adaptations:**

- Bend your knees to make a higher “mountain.”
- Use a lower barrier such as a folded blanket or a small pillow.
- Play hide and seek by hiding behind the pillow and encouraging the baby to come find you.
- Use objects that are visually stimulating, auditory stimulating or both, such as rattles, light wands, etc.



# 1-2 Years Old Kids

## Climbing

### Activity 2

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.

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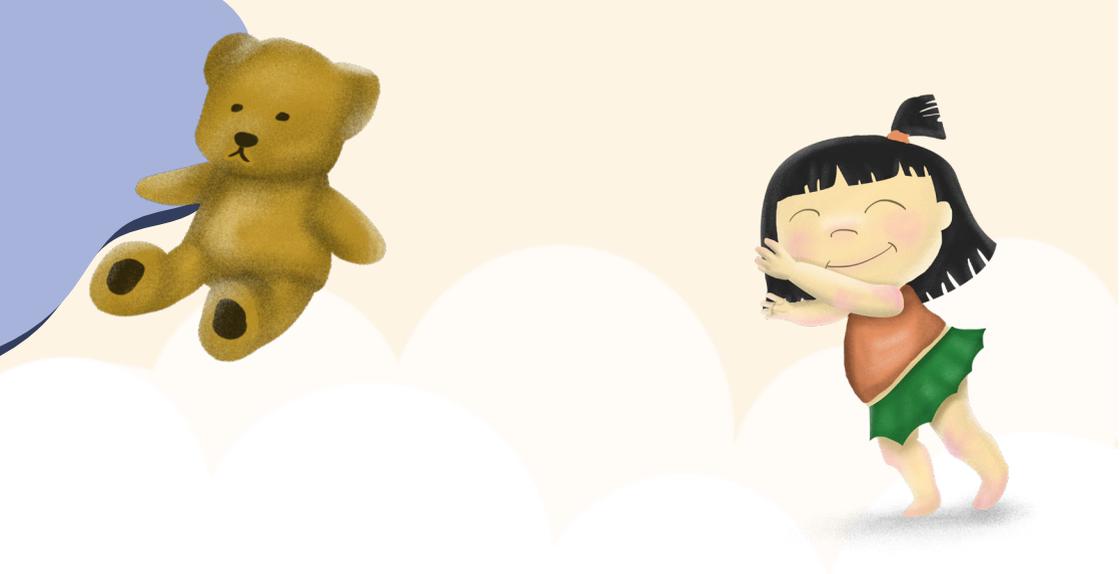
**Resource/Equipment:** Tape, floor markers, hurdles, balls, tunnel or pillows.

**Space:** Indoor activity.

**What to do:** Climbing, on balance beams or obstacle. An obstacle course can be made up of activities that are done one after another. Set up a series of activities where children can try different things that are developmentally appropriate and tap into a range of activities that children can perform or safely try.

**Examples:**

- For young toddlers, set up a tunnel to crawl through, a pile of large pillows to climb over, a ball to roll into a box, and a ball to throw into a basket.



**Tips:**

- When the first child has completed the first obstacle, have the second child begin (to minimize wait time). Spread the children out into groups, each starting at a different point in the obstacle course (to decrease wait time).

# PARENTS

## 1-2 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To get used to water environment.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills and specific swimming skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Resource/Equipment:** various floating mats/boards



**Space:** Swimming pool

**What you need:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius)

**What to do:** Toddlers generally do not have problems with being in water. As water environment is natural for children since their birth it is recommended to use this for practicing movement in water.

1. Take a child in your hands into water and try to move the child in the water with touching the water by child's feet and dive the child until breast.
2. Take a matt/board that flows on water and let the child sit on the matt and drive the child on the water surface with feet in the water.

# PARENTS

## **Alternatives/Adaptations:**

- Have the child to dive deeper into water – until chin
- As you notice that the child does not like being in water, try to adapt child to water firstly at home in shower or a bath.
- Support the child with toys when being in water.
- During shower, try to shower all the body including face.

**Safety:** Make sure that you never leave the child unattended in water



## 1-2 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn jumping into water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Resource/Equipment:** Floating mats, rubber toys.

**Space:** Swimming pool.

# PARENTS

**What you need:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius)

**What to do:** Toddlers generally do not have problems with being in water. As water environment is natural for children since their birth it is recommended to use this for practicing movement in water.

1. Take a matt that flows on water and let the child sit on the matt. Then hold the child firmly and motivate the child to “jump” into water from sitting.
2. Hold the child on the pool side in standing position. Motivate the child to jump into water with your help.
3. Put the child on the pool side and let the child to jump into water, catch the child just before having its head under water.



### **Alternatives/Adaptations:**

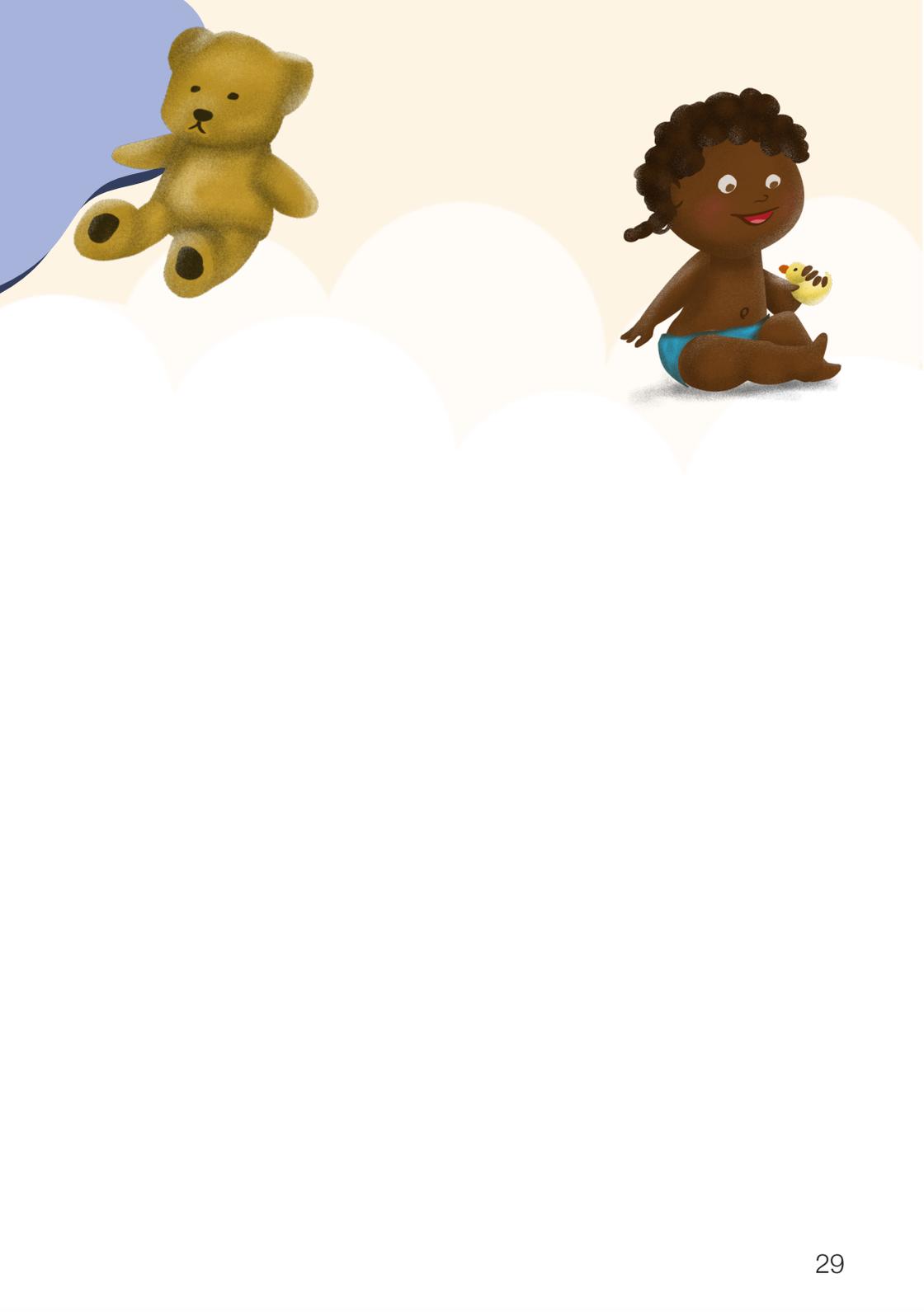
- Have the child to hold a toy (bath toy), the child throws a toy into water and jumps to catch it. The adult is ready to give assistance.

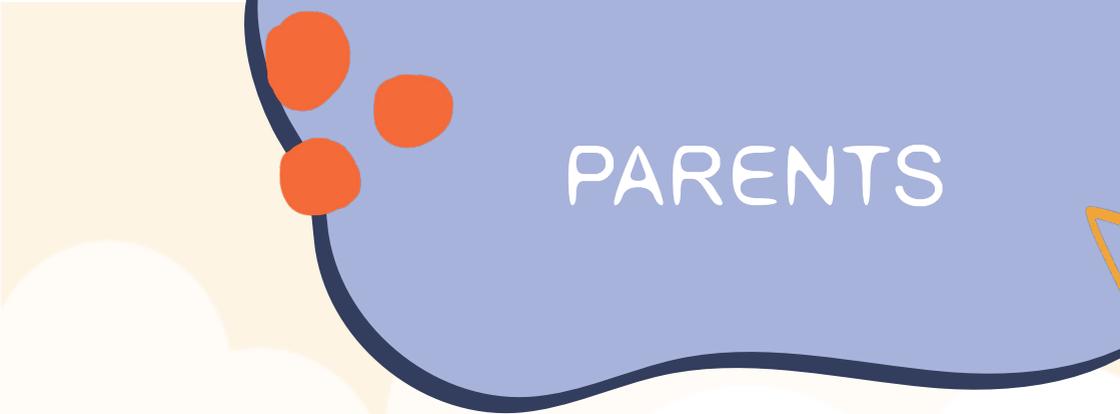
**Safety:** Make sure that you never leave the child unattended in water.

# PARENTS

**Alternatif aktiviteler:** Çocuđa, suya uygun bir oyuncak verin. Önce oyuncadı havuza atmasını, sonra kendisinin suya atlayıp oyuncadı havuzdan çıkarmasını isteyin.

**Güvenlik:** Çocuđu havuzda asla gözünüzün üzerinden ayırmayın.



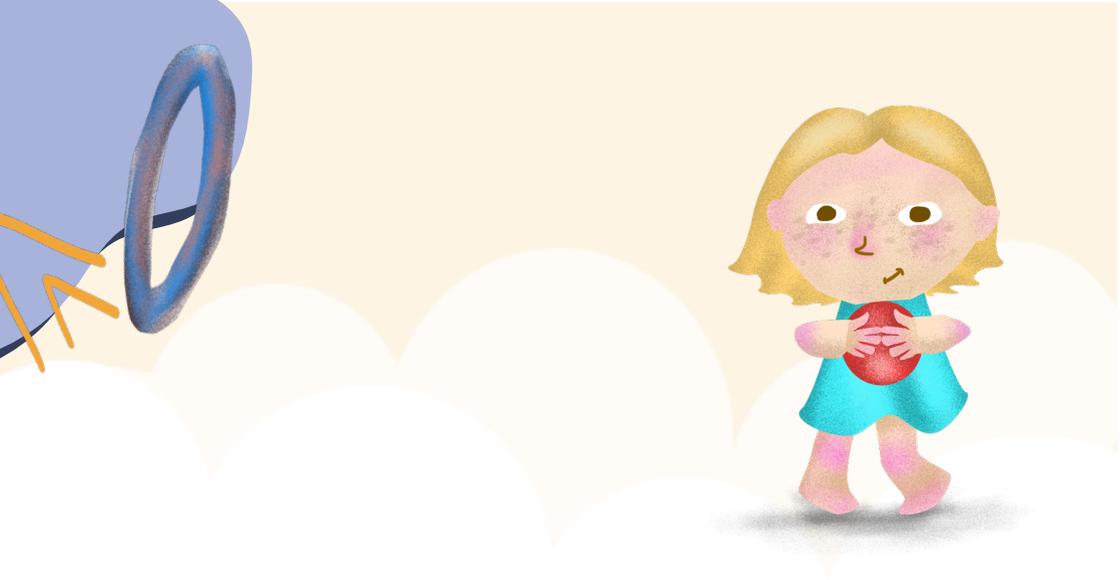


# PARENTS

## 3-4 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination



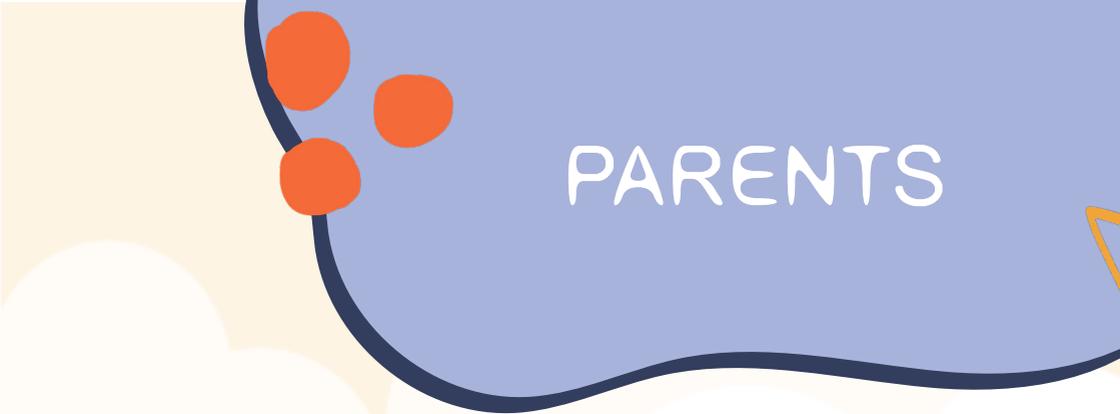
**Resource/Equipment:** Balls, caps, spitballs, plastic cutlery, plastic dishes and plastic glasses (any item you can throw without breaking it); boxes or canisters; masking tape or a ribbon.

**Space:** Livingroom, child's bedroom or outdoor playing area.

**What to do:** Prepare the boxes/ canisters down a side of the room at different distances; define the throwing area with the tape or ribbon. Play with your child and try to dunk! You can throw from standing up, sitting down or lying position.

**Alternatives:** The boxes targets can move: the child throws while you move the box and vice versa.

**Safety:** Make sure that the surface is suitable everyone.



# PARENTS

## 3-4 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination.



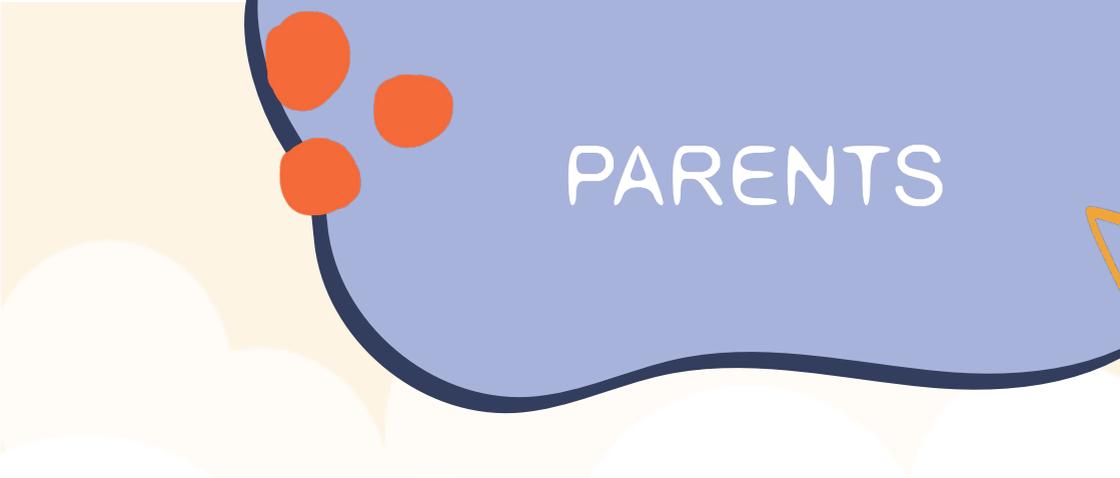
**Resource/Equipment:** A sponge ball.

**Space:** Livingroom or outdoor playing area.

**What to do:** “Mum/ Dad as a target”: play to hit and get hit with your child. You can decide different rules: stationary target/ moving target, different ranges, throwing with one/ two hands, throwing with eyes shut; rolling with different parts of body; etc.

**Alternatives/ Adaptations:** The target can reject the ball only with the hands, or only with the feet. The target can protect himself/ herself only catching the ball.

**Safety:** Make sure that the surface is suitable everyone.

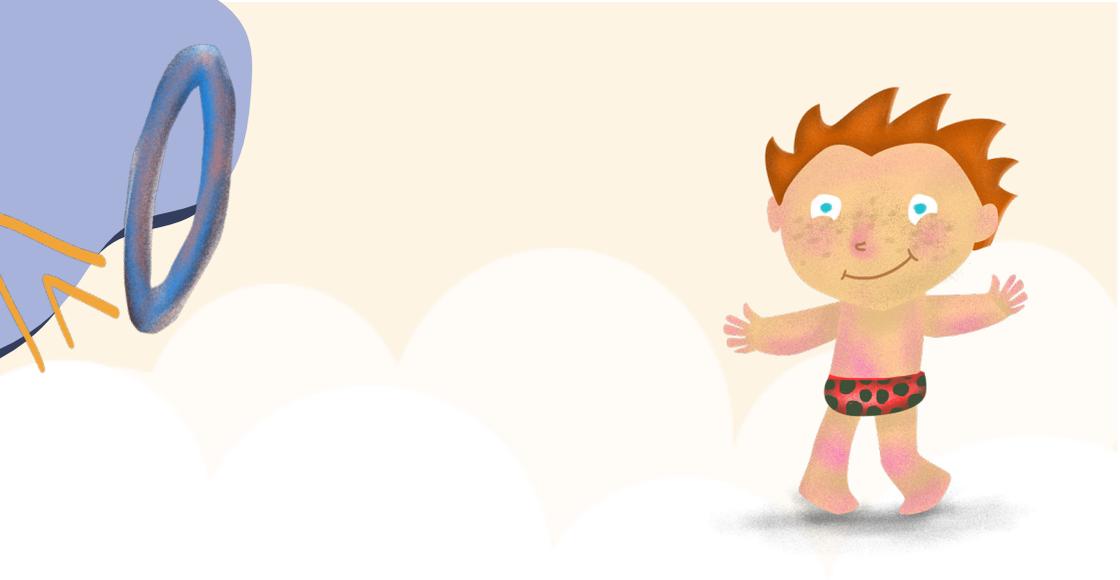


# PARENTS

## 3-4 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach running movement:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.



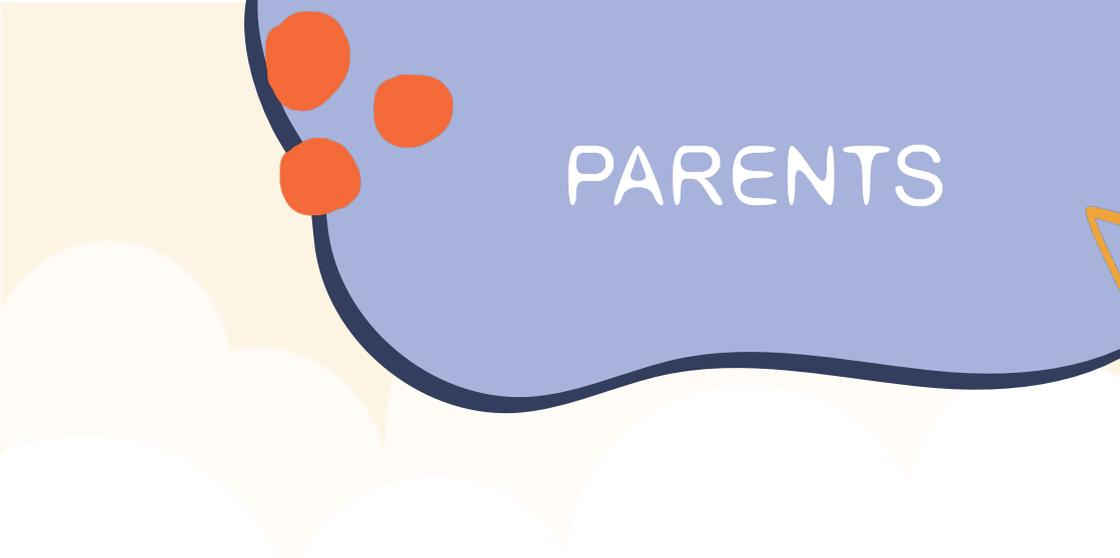
**Resource/Equipment:** Attractive toys

**Space:** Outdoor or indoor activity

**What to do:**

Toddlers love to run. Have them run different places, providing opportunities for children to run.

1. Stand 5-6 meter away from the child. Tell the child to come and get you. Run and tell the child to catch you. Use noise makers such as bells to attract children's attention.
2. Roll or throw different color balls and have children run and get the balls. Specify which color ball they should retrieve.



# PARENTS

## **Alternatives/Adaptations:**

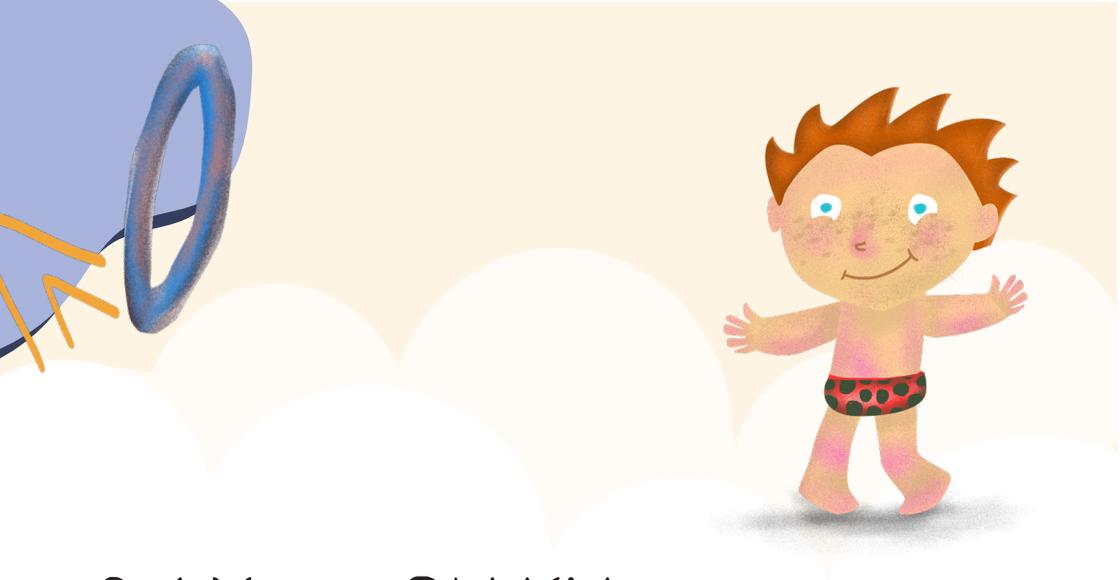
- Have children run in different ways — run in place, run making lots of noise with their feet, run lightly, run with small steps.

Play Follow the Leader — run down paths that are straight, curved, or zigzag.

- As you notice children getting tired, change the speed of the movements (crawling or walking) or the distance they travel. This can be for all children or just a few.

- For children with limited mobility, adjust activities. For example, a child can go as fast as possible in his/her wheelchair (an adult will need to push it).

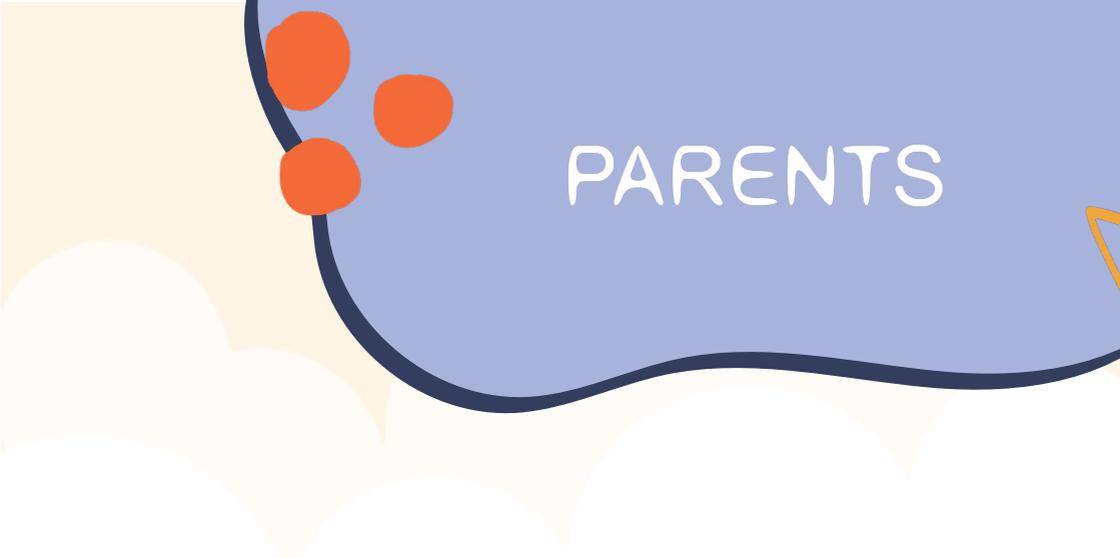
- Promote opportunities for children to run in various outdoor settings such as grassy areas, mud puddles, up and down hills, down pathways, etc



## 3-4 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine walking/running skills

**Why teach running movement:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.



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**Resource/Equipment:** Tape on floor

**Space:** Indoor activity

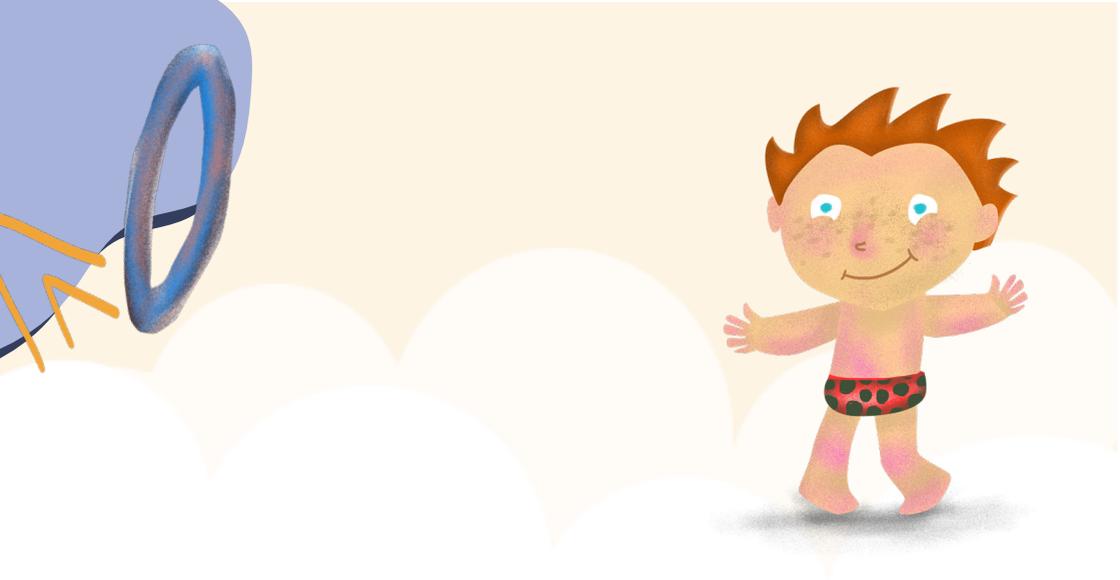
## **What to do:**

“Child likes to do silly things. Today child wants to walk backwards

- Start with walking backwards, not on a line, demonstrating how to walk backwards. Say, “Let’s walk like I did.” Have the child try to walk backwards in general space.
- When the child can walk backwards, try walking backwards on a line on the floor.

## **Tips:**

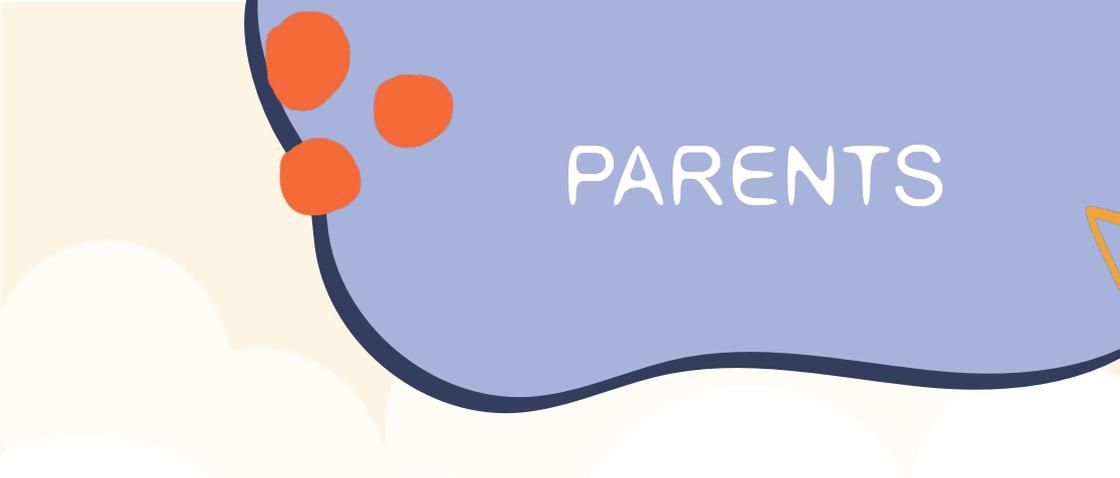
- Start with walking toe to heel.
- If the child does not understand the concept of backwards, stand behind the child, hands on the child’s waist, and walk backwards holding the child.



- Have a goal for the child to walk backwards toward – a toy, a picture, a ball.
- Vary the places where you walk – walk on pathways, around a pile of leaves, around the sandbox, etc.

### **Alternatives/Adaptations:**

- Incorporate walking backwards into a game of different walking styles such as fast, slow, side stepping, backwards, and high knee.
- Walk backwards as part of “Follow the Leader.”
- Pretend you are trucks moving backwards. Say “beep, beep” as you move.
- Turn on music – walk backwards slowly or fast to the music.



# PARENTS

## 3-4 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine jumping skills.

**Why teach jumping movement:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to jump fairly well. These activities will encourage them to try these developing skills.



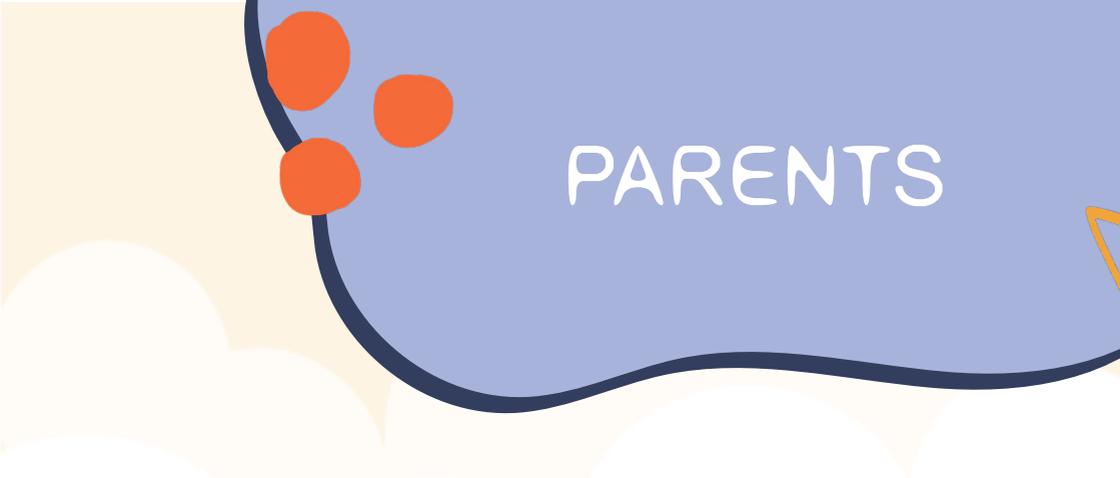
**Resource/Equipment:** None

**Space:** Outdoor or indoor activity

**What to do:**

“There are a lot of things you can see in the sky. Can you tell me some of them?” Have children name things in the sky. “Today we are going to put things in our paper sky — let’s see how high we can put them.”

- Tape a paper sky high enough so that children need to go on tiptoes or jump to reach. Give each child paper clouds, birds, spaceships, stars, and planets with Velcro on the back.



# PARENTS

- Call out the name of an item (clouds, etc.) seen in the sky. Then have children with that item run to the sky and put their item on it. Point to the place where they should place their item using high and low places.

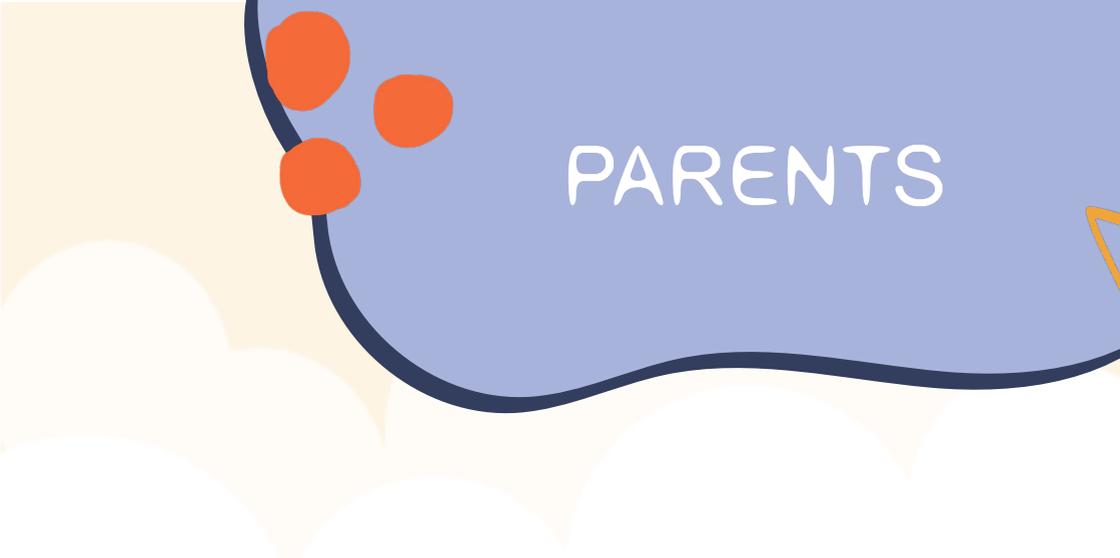
## **Tips:**

- Be sure that the Velcro lines on the sky are high enough so children have to jump or go on tiptoes to place their sky item. You can also use string for the lines.
- “Can you catch things in the sky?”
- Play outdoors and hang items from fences or tree branches.



### **Alternatives/Adaptations:**

- You can also have the items taped in lines on the sky. Have children count the lines and jump to take an item from a specific line.
- Make up a story about flying or stars or planets. Let the children help. As something they are holding is mentioned, have the child place it in the sky.
- For children with limited mobility or limited use of arms, point to a spot they can reach for them to put their items in the sky.



# PARENTS

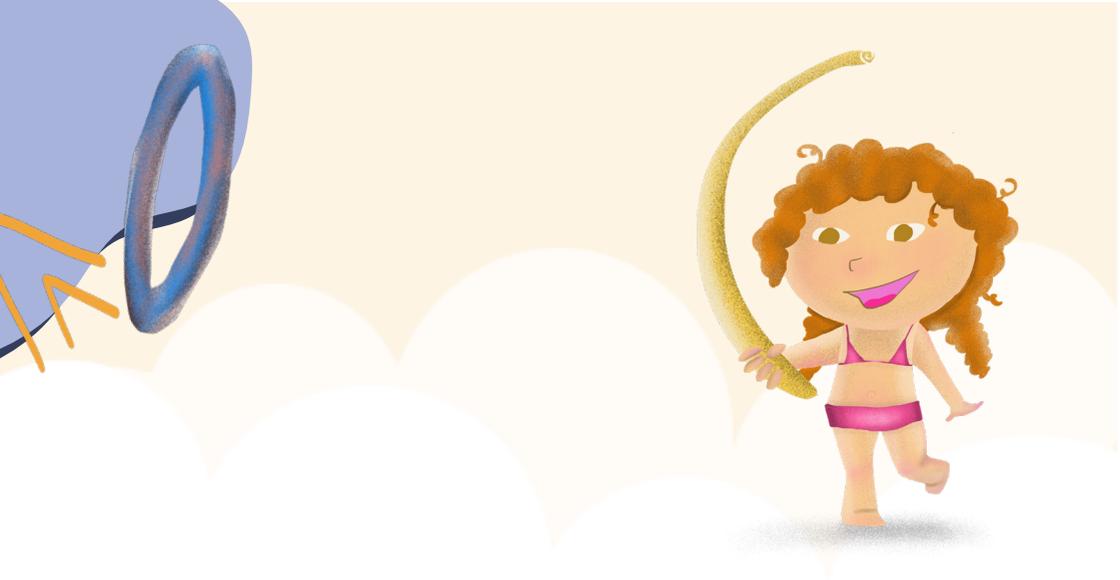
## 3-4 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To learn breathing in water.

**Why teach swimming movement:** Breathing in water is essential for swimming. Children can learn breathing in water in early age. This skill will help them later to learn swimming properly.

**Resource/Equipment:** drinking straw, plastic bowl, small plastic balls.

**Space:** : A suitable swimming pool with appropriate water temperature for children (30 – 32 degrees

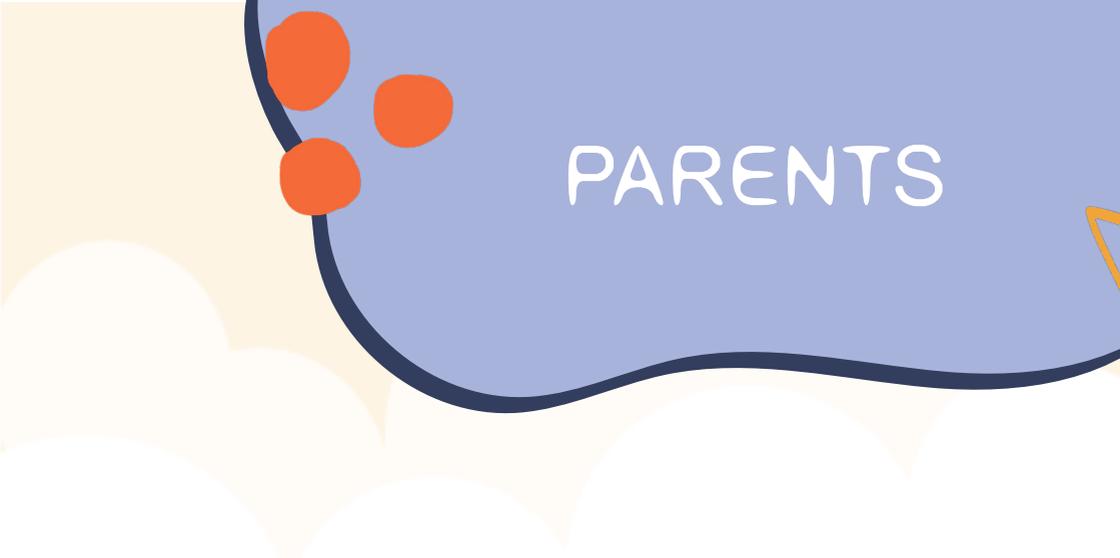


Celsius) or a bath

### **What to do:**

Show the child a drinking straw and how to make bubbles with it in water. Start in a bath or in shallow water to show how the bubbles are made. It is important to explain the child to blow into straw and not to drink water. When the child is successful you can try other exercise.

1. “Blowing the soup” – show the child how to take some water in hands and pretend you are blowing soup to be colder. Also you can use a plastic bowl to fill it with water and pretend it is soup. The child should be able to blow into soup and make small bubbles.
2. Let the child to dive in water until chin and to make the bubbles directly into water. Be careful about the child not to drink the water.

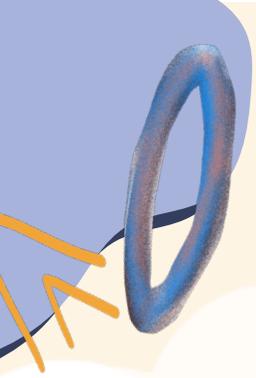


# PARENTS

## **Alternatives/Adaptations:**

- In case that the child is afraid of blowing into water, put small plastic balls on the water surface and let the child blow into the balls to move it forward.
- Take turns with the child in blowing into water, firstly you and then the child. Motivate the child to blow as strong as possible.

**Safety:** Make sure that you never leave the child unattended in water.



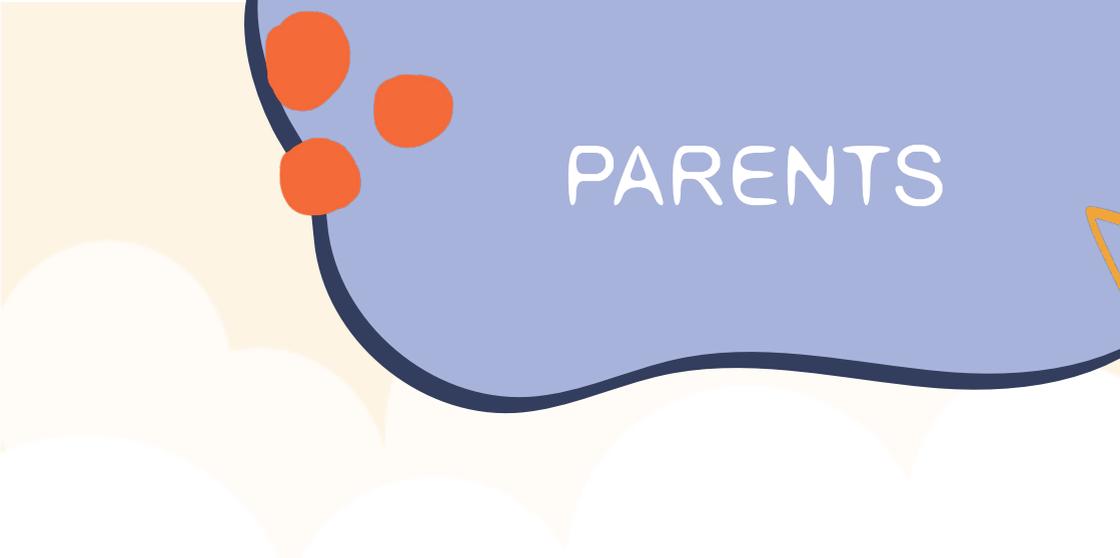
## 3-4 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn floating in water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Floating in water on front and back is essential for lifesaving.

**Resource/Equipment:** swimming noodles

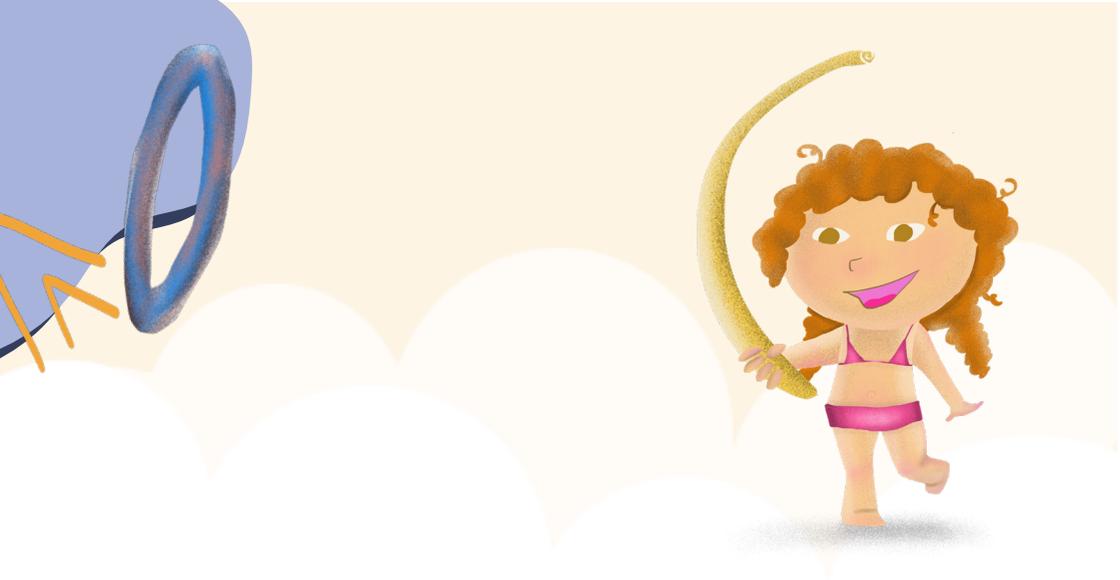
**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (28 - 30 degrees Celsius)



# PARENTS

**What to do:** Preschoolers usually like water, but they do not like to be pushed in activities which they don't like. Try to make the activities as funny as possible, so that the child wants to practice activities in water. To learn floating in water means, to relax on back or front of your body, usually with arms and legs straight.

1. Explain your child that you will play a game called „jelly fish“. Put the child on its back and hold the child under head and back. You can help the child with noodle, put the noodle under child's arms. Explain the child to relax, not to move with hands nor legs.
2. Try the previous exercise on front (belly). If the child can put face into water, try to do so. If not, the child can hold face on the surface of water.



### **Alternatives/Adaptations:**

- Have the child to play “starfish”, the child will be on its back, the arms and legs will be straight and as far from each other as possible (so that the child looks like a starfish).

**Safety:** Make sure that you never leave the child unattended in water.



# PARENTS

## 5-6 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.

**Space:** Livingroom or child's room, or a suitable outdoor/indoor playing area.



**Resource/Equipment:** Balls, caps, spitballs, plastic cutlery, plastic dishes and plastic glasses (any item you can throw without breaking it); boxes or canisters; masking tape or a ribbon

**What to do:** Prepare the boxes/ canisters down a side of the room at different distances; define the throwing area with the tape or ribbon. Play with your child and try to dunk! You can throw from standing up, sitting down or lying position.

**Alternatives/ Adaptations:** You can keep out of the view the boxes with a board or table, or you can blindfold yourself and your child.

**Safety:** Make sure that the surface is suitable for everyone.

## 5-6 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.

**Space:** Livingroom or child's room, or a suitable outdoor/indoor playing area.



**Resource/Equipment:** Boxes of various size; a sponge ball.

**What to do:** Prepare a wall with the boxes; alternately you will try to destroy the boxes wall throwing the sponge ball and defending the wall from the attacks of your child. If the defender catches the balls, he/she can restore a downed box.

**Alternatives/ Adaptations:** To make the game more difficult, you can use two sponge balls.

**Safety:** Make sure that the surface is suitable everyone.



# PARENTS

## 5-6 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine climbing skills

**Why teach catching & throwing:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Space:** Outdoor activity.



**Resource/Equipment:** Soft toys, line

**What to do:** ‘The child asks; why do you walk with your head down looking at the ground?’

You should walk with your head up so you can see where you are going.’ The child’s thought about this and asked his/her parent if he/she could help her walk with her head up.

‘We can practice by balancing a soft toy on your head.’”

“Who knows how to balance a soft toy on his/her head? Who else walks straight balancing things on their head?” Talk about standing straight with your head up to balance.

“Now let’s pretend we are trapeze artists at a circus and are going to walk on a tightrope.” Remind the children they need to walk very straight with their heads up so they will not fall off the tight rope.

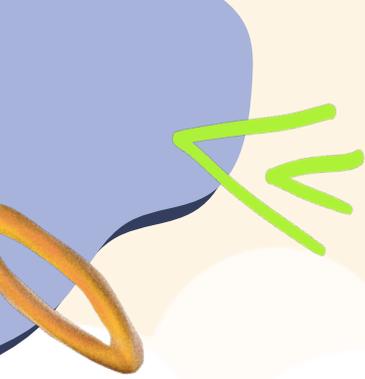


# PARENTS

- Have the child walk from one point in the room to another without dropping the bean bag. If the soft toy falls off, just have the child pick it up and replace it on his/her head.
- Vary the speed (fast, slow), direction (forward, backward, sidestep), pathway (straight, curved, zigzag).

## **Alternatives/Adaptations:**

- If a child has difficulty, start by having the child first hold onto the soft toy on his/her head with one hand, gradually letting go as the child's confidence increases.
- Try this on tip toes!
- Try squatting down and picking something up while balancing soft toy.



## 5-6 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine jumping skills

**Why teach catching & throwing:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Boxes, chairs, tunnels, cones, carpet squares, etc.



# PARENTS

**Space:** Outdoor activity.

**What to do:** This is a great outdoor activity.

“Sometimes, when you want to go from one place to another there are things in your way. The children want to go down the path but there are things in their way. There are lots of ways to get around those things — they can go over, under, around, and through them. Can you show them how to go down the pathway?”

- Place large items in pathways. The pathway can be any shape — straight, curved, circular, zigzag. The objective is for children to figure out how to get past the obstruction.
- Children can walk, run, climb over, climb through, or roll under the obstruction depending what is in the way.



### **Tips:**

- Encourage children to try different ways to get past the obstruction.
- A large open box makes a great tunnel!
- Talk about the obstruction – what are different types of things that block a road?
- Take the activity outdoors. Use natural obstructions such as a log or a tree.

### **Alternatives/Adaptations:**

- Inside, you can use other obstacles such as carpet squares to make obstructions children need to get around.
- Hold up a stop sign that children need to obey, and then change it to “Go.”
- Have children design the path and the obstructions.
- Have children make up a story about why the path is obstructed.



# PARENTS

## 5-6 Years Old Kids Climbing Activity 1

**Purpose of the activity:** To develop and refine climbing skills.

**Why teach climbing:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to climb different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Climbing frame.

**Space:** Outdoor activity



**What to do:** (Secure a ladder to the climbing frame in a horizontal position and at a height that is above the child's heads). The child swing from hand to hand beneath the ladder. If the child drops, continue crossing the ladder from that point. When the child reaches the end of the ladder land softly on the ground.

**Cat walk:** The child climbs up the frame to the horizontal ladder, walks across it using her/his hands and feet to the other end of the frame and jumps into the landing pit.



# PARENTS

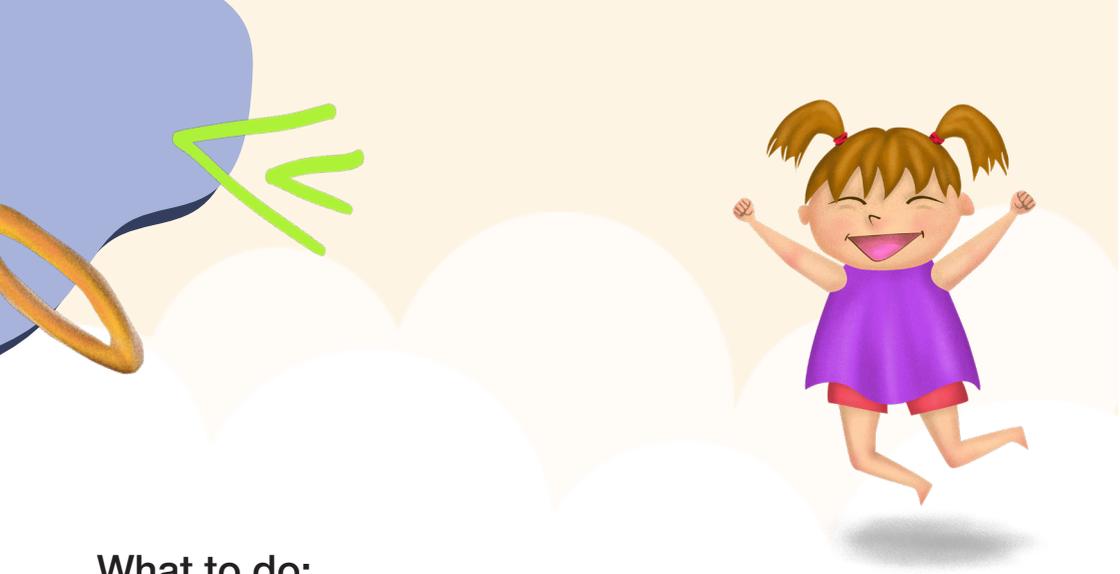
## 5-6 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine jumping skills.

**Why teach jumping movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to jump different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Climbing frame.

**Space:** Outdoor activity

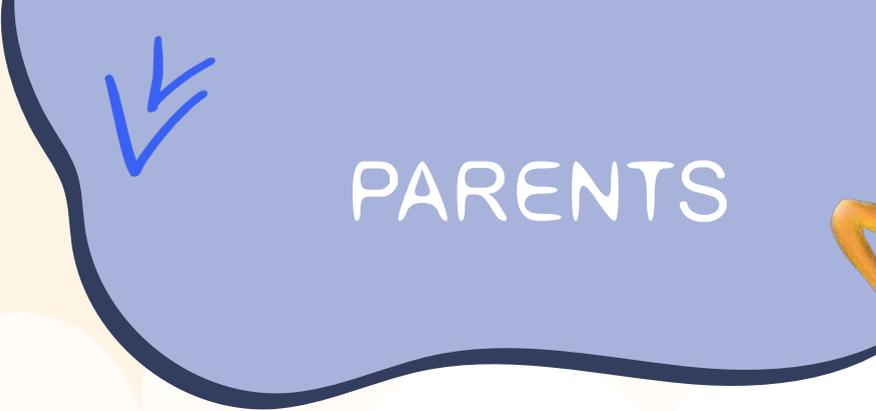


## **What to do:**

### Jumping Down

(This allows children some challenge and risk and may allow them to learn how to fall down safely.)

- Children will be practicing jumping from a height and landing.
- Start with children stepping off a low block or platform. Try this on a mat or grass first.
- Increase height from which children are jumping.
- Take the activity outdoors and jump down in safe places, try to find a tree stump or log to jump from. Vary the heights of the stumps or other objects.



PARENTS

# 5-6 Years Old Kids

## Swimming

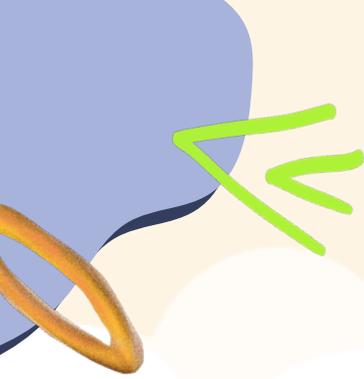
### Activity 1

**Purpose of the activity:** To learn gliding in water

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Gliding in water on front is essential for moving in water.

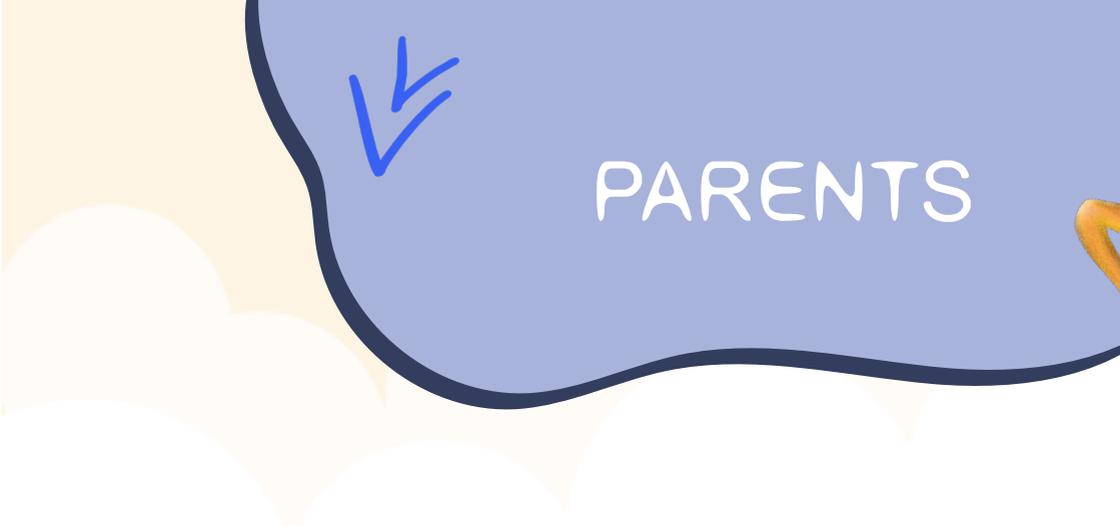
**Resource/Equipment:** Swimming toys.

**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius)



### **What to do:**

- Firstly, hold the child and practice crawl kicking on the front and back.
- Then, try to encourage the child to start from the pool side, arms straight, face in water and to kick with legs in this straight position. You can help the child with holding only the finger tips, just to make the child feel safe.
- Put your child on the pool side and ask him/her to jump and glide without kicking legs, to get to you (at first start with a very short distance, then you can make the distance longer).
- As a reward, give the child small toys on the pool bottom, so that the child dives and finds the toys



# PARENTS

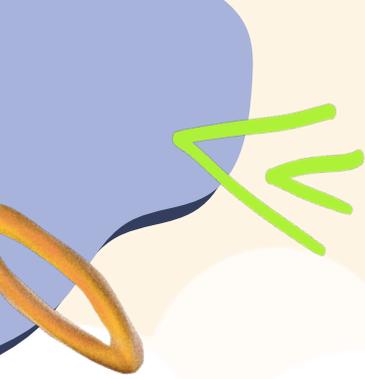
## **Alternatives/Adaptations:**

- Encourage the child to extend the distance for gliding
- Put a favourite toy on the water surface ion a certain distance from the child, so that the child is motivated to get it.

## **Tips:**

It is very important that the child has face in water, not above it. This will prevent the child from choking.

**Safety:** Make sure that you never leave the child unattended in water.



# 5-6 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn kicking in water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Crawl kicking in water on front and back is essential for moving in water.

**Resource/Equipment:** Swimming boards.

**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius)



# PARENTS

## **What to do:**

- Firstly, try to practice crawl kicking on the floor. Encourage the child to lie on its back and start kicking with straight legs
- Then, try this movement at the pool side, the child will hold the pool side firmly, with straight arms. During kicking, encourage the child to breathe into water.
- Hold the child with your hands, and move the child around the pool with crawl kicking
- Give the child a swimming board and encourage the child to kick and breathe.



### **Tips:**

- Sometimes it is very difficult for a child to move in the water. The kicking should be always done with straight legs, however, the child should be relaxed. If the child is too stiff in the water the movement will be harder.

### **Alternatives:**

- You can try kicking on the back, the best position is with the swimming board on the chest hold with both hands. Some children are more successful in this position.

**Safety:** Make sure that you never leave the child unattended in water.



# PRESCHOOL TEACHERS

## 1-2 Yaş

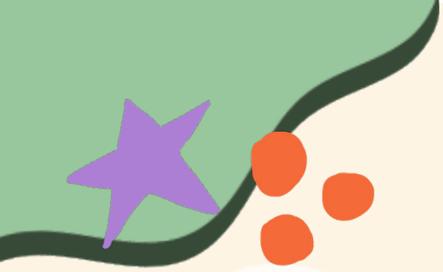
Catching & Throwing  
Crawling & Walking  
Climbing  
Swimming

## 3-4 Yaş

Catching & Throwing  
Walking & Running  
Jumping  
Swimming

## 5-6 Yaş

Catching & Throwing  
Jumping  
Walking & Running  
Swimming



# 1-2 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop hand-eye coordination, the awareness of the different body parts, the socialization with object and with peers and parents and to develop the fine motor skill.

**Why teach catching & throwing:** Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.

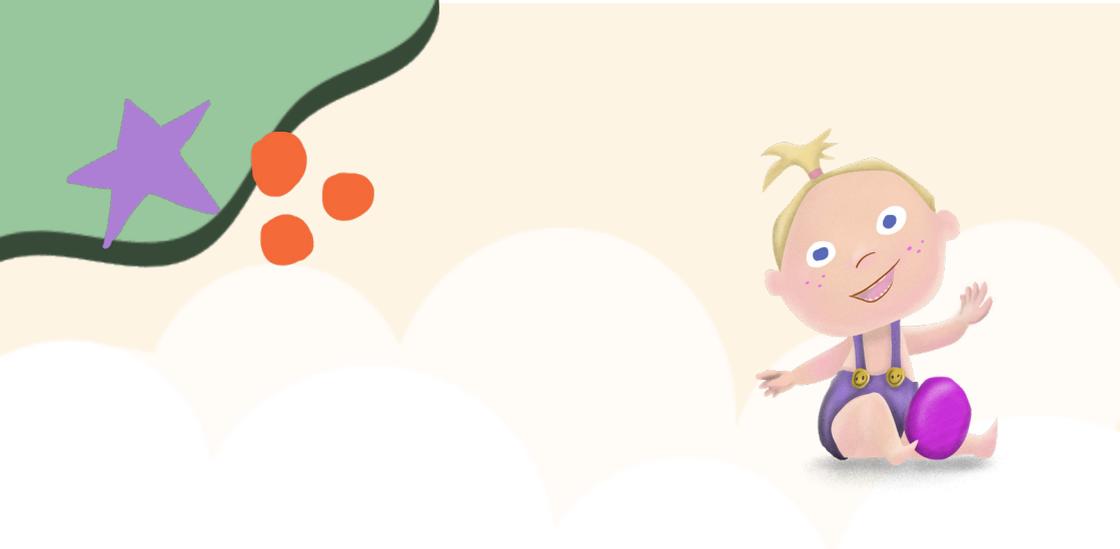


# PRESCHOOL TEACHERS

**Resource/Equipment:** Different types of paper: newspaper, toilet paper, paper towel, tinfoil, tissue paper, cardboard; cotton.

**Space:** Large room, with any obstacles; define an area with e.g. some boards, plastic blocks, chairs, boxes, etc. Or an outdoor suitable space.

**What to do:** Fill the bounded space with all the types of paper you have available: with large or small pieces of paper, you can make multiple layers, some heaps in which children can hide. In the first part of the activity let the children free to explore the bounded area; when they have become familiar with the materials, give them some directions, e.g. “Crumple up a newspaper piece and make a spitball and throw it to the sky/ceiling; roll the spitball, through the friends’ legs; roll the spitball using the nose; throw the spitball to the sky and catch it with two hands” and so on.



**Alternatives/ Adaptations:** Outdoors or indoor with a plastic sheet on the floor to stay clean you can dip the spitballs (better cotton, toilet paper and paper towel) in the paint and throw the colored spitball on a white blanket.

**Safety:** Make sure that the surface is suitable for everyone.



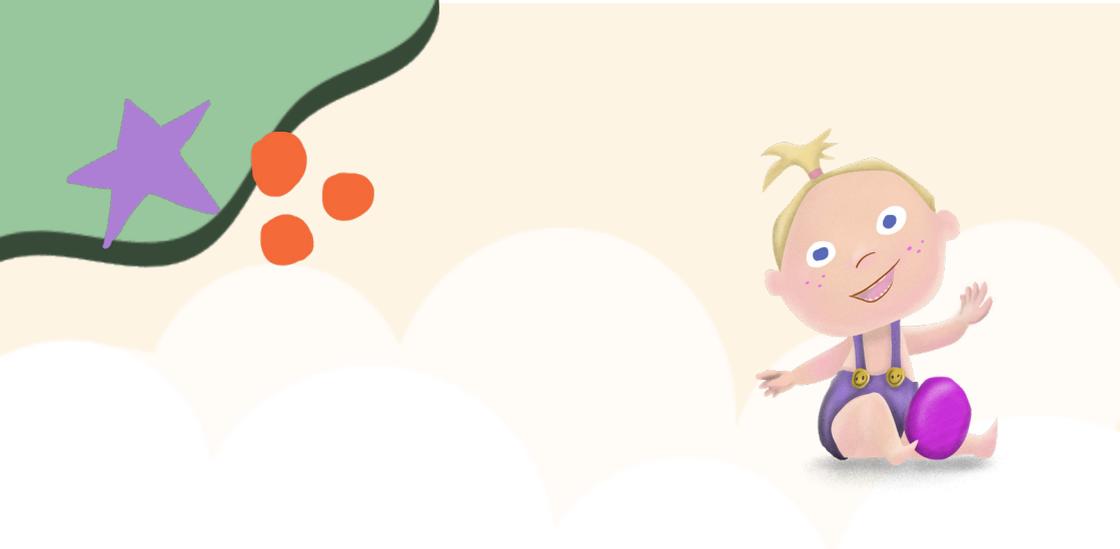
# PRESCHOOL TEACHERS

## 1-2 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop hand-eye coordination, the awareness of the different body parts, the socialization with object and with peers and parents and to develop the fine motor skill.

**Why teach catching & throwing:** Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.

**Resource/Equipment:** Various packaging: boxes of different sizes, large and small bottles, plastic cups,



tubes (e.g. tube of chips); pebbles, sand, beads, bells, iron and plastic caps; colored hoops.

**Space:** Large room, or any suitable outdoor/indoor playing area.

**What to do:** Fill the containers with pebbles, beads, bells, etc. and make them airtight as much as possible. Place the containers scattered around the room. In the first part of the activity let the children free to explore, to take the various containers and play as they prefer. Split the containers at the four corners of the room, without a specific order and ask the children to bring them inside the hoops you have prepared, using various parts of the body (you can show them how to do and then let them try); you can give instructions on a specific hoop to get to (e.g. in the blue hoop: plastic bottles; in the red hoop: boxes with bells; etc.)



# PRESCHOOL TEACHERS

**Alternatives/ Adaptations:** You can use the music to scan the playing time, setting the start and the end of the carriage of the objects.

**Safety:** Make sure that the surface is suitable everyone



# 1-2 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running.

**Why teach walking movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to walk fairly well. These activities will encourage them to try these developing skills.



# PRESCHOOL TEACHERS

**Resource/Equipment:** Floor spots (or carpet squares) on floor

**Space:** Indoor activity

**What you need:** A safe indoor playing area.

**What to do:**

- Set out objects that children can step on — floor spots, carpet squares, stars, squares of paper. Tell children that these are the birds on a pond. The children are the frogs going from one pond to another pond. If they fall off they will get wet in the water!
- Have children step from spot to spot. Name the colors, shapes, body positions as they walk.
- Turn on music and have children dance on the spots.



### Tips:

- Increase the distance between dots as children become more skilled.

### Alternatives/Adaptations:

- Have children walk different ways — fast, slow, high, low, etc. Add music that will give children fast and slow beats.
- Have children run from dot to dot.



# PRESCHOOL TEACHERS

## 1-2 Years Old Kids Crawling & Walking Activity 1

**Purpose of the activity:** To develop and refine crawling/walking skills.

**Why teach crawling movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to crawl fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** None

**Space:** Indoor activity



### **What to do:**

This activity works on locomotion by encouraging creeping, crawling, and walking.

- Stand with your legs a little wider than your shoulders.
- Tell the babies that they are the train and you are the tunnel, and then encourage them to crawl or scoot through your legs.
- Add a few “choo-choos” and train whistle sounds as they move through the tunnel.

### **Alternatives/Adaptations:**

Once the babies get the hang of the activity, tell them that the “train” needs to get through the tunnel quickly before it closes. As they pass through, move your legs closer together and try to gently catch them.



# PRESCHOOL TEACHERS

- You can use other adults to extend the length of the “tunnel.”
- Make a tunnel that is big enough for walkers by leaning with your hands against a wall, or make a tunnel by joining hands with another teacher.
- Use an actual tunnel to encourage moving longer distances as infants gain skill.
- Use elements in nature to crawl under.



# 1-2 Years Old Kids Climbing Activity 1

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.



# PRESCHOOL TEACHERS

**Resource/Equipment:** Attractive toys.

**Space:** Indoor activity.

**What to do:** In this activity the infant is encouraged to creep over a barrier, such as the caregiver's legs.

- With the baby sitting on the floor to one side of you, sit with your legs out and knees together.
- Place a toy on your side opposite the baby and encourage the baby to climb over your legs to get it.

## Tips

- Encourage movement with positive words.
- Use toys or Loose Parts that sparkle or make noise to attract the child's attention and encourage him/ her to climb over the barrier.



### **Alternatives/Adaptations:**

- Bend your knees to make a higher “mountain.”
- Use a lower barrier such as a folded blanket or a small pillow.
- Play hide and seek by hiding behind the pillow and encouraging the baby to come find you.
- Use objects that are visually stimulating, auditory stimulating or both, such as rattles, light wands, etc.

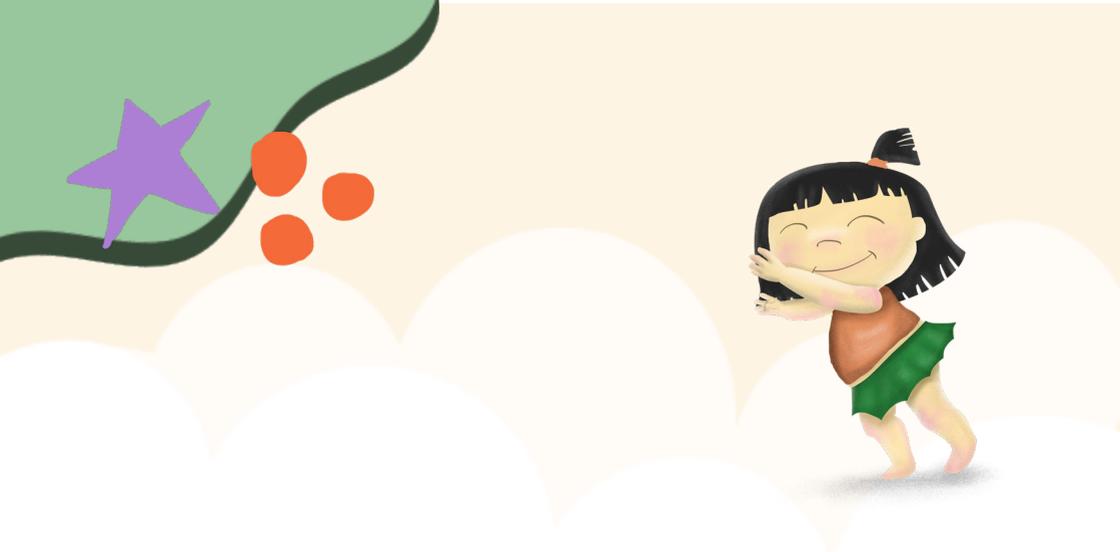


# PRESCHOOL TEACHERS

## 1-2 Years Old Kids Climbing Activity 2

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.



**Resource/Equipment:** Tape, floor markers, hurdles, balls, tunnel or pillows.

**Space:** Indoor activity.

**What to do:** Climbing, on balance beams or obstacle. An obstacle course can be made up of activities that are done one after another. Set up a series of activities where children can try different things that are developmentally appropriate and tap into a range of activities that children can perform or safely try.

**Examples:**

- For young toddlers, set up a tunnel to crawl through, a pile of large pillows to climb over, a ball to roll into a box, and a ball to throw into a basket.



# PRESCHOOL TEACHERS

## Tips:

- When the first child has completed the first obstacle, have the second child begin (to minimize wait time). Spread the children out into groups, each starting at a different point in the obstacle course (to decrease wait time).



# 1-2 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To get used to water environment.

**Neden öğretiliyor:** The water environment is suitable for developing general motor skills and specific swimming skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Ekipman:** CD and player, swimming mats/boards.

**Space:** Swimming pool.



# PRESCHOOL TEACHERS

**What you need:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius). The depth of water should not be more than up to belly.

## **What to do:**

Try to use a favourite song for children that can be played during the activity in the water. Play the song and let the children slowly move in swimming pool. As the song stops, the children will try to take some water into their hands and will wash their faces. The teacher will try to encourage children to cover their faces with water.

- The teacher will take a small kettle or a pot and will shower children each after another. The purpose is to cover child's head with water, so that the water runs through the face. In case the children feel uncomfortable, the teacher will only drop a few water drops on them.



- The teacher will encourage the children to splash water on their friends, firstly only on feet, then, belly, chest and faces.
- The teacher will play a song that the children like and will encourage them to dance in the water.

### **Tips:**

- You can use various toys in water to make the children feel comfortable. The children can drive the toys on mats/swimming boards.
- Some children might not like water on faces, do not push them to put water on their faces, just let them play in water.

### **Alternatives/Adaptations:**

- In case of deeper water you can practice the exercise as well, but you need to keep in mind that each child needs to be supervised by an adult (parent, teacher, assistant etc.)



# PRESCHOOL TEACHERS

## 1-2 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn jumping into water.

**Neden öğretiliyor:** The water environment is suitable for developing general motor skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Ekipman:** Rubber toys.

**Space:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius)



### **What to do:**

- Have the child to sit on the pool side, help the child to get into water with head over water
- Have the child to stand at the pool side and help the child with your hands to jumps into water
- Have a rubber toy floating on the water surface and motivate the child to jump into water
- Let the child to throw rubber toy into water and then jump after

### **Tips:**

- To avoid slipping on the pool side, explain the child to move carefully
- Explain the child how to put feet on the pool side
- Do not accept running and jumping at once at the pool side

**Alternatives/Adaptations:** If the pool has different heights of stairs, you can start with them.



# PRESCHOOL TEACHERS

## 3-4 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination.



**Resource/Equipment:** A big box or big basket; balls with different material (sponge, gum, plastic), with different size (big and small) and shape (cubic, cylindrical, pyramidal) and other soft objects (such as puppets, puzzle, boxes, bean bags).

**Space:** : A large room without obstacles, or an outdoor playing area.

**What to do:** Fill the box with all the objects you picked. Then choose a child and help him/her to empty quickly the box; all the other kids will have to collect the objects and re-fill the box. You can give instructions, e.g.: the child can collect one item at a time; the child may not exceed the line around the box (he/she must throw the item and try to dunk).



# PRESCHOOL TEACHERS

**Alternatives/ Adaptations:** You can introduce the music: when the music starts, the children can collect the items and when the music ends you count the items in and out the box.

**Safety:** Make sure that the surface is suitable everyone.



## 3-4 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination.



# PRESCHOOL TEACHERS

**Resource/Equipment:** Balls: different size, shape, material; balloons; items for obstacle course (hoops, platforms, pillows, cones, etc.); boxes or canisters.

**Space:** : A large room without obstacles, or an outdoor playing area.

**What to do:** Create an obstacle course at the end of which there are the empty boxes you chose and a box with the balls. One child at a time carries out the course, take a ball and try to dunk in one of the empty boxes.

**Alternatives/ Adaptations:** The children play in pairs. The children imitate the animals.

**Safety:** Make sure that the surface is suitable everyone



## 3-4 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach catching & throwing:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Bubble soap, bubble wand.



# PRESCHOOL TEACHERS

**Space:** Outdoor activity.

**What to do:** “Bubbles are so much fun. They float in the air. Let’s try to catch them.”

- Blow bubbles so that they are moving across an area. You can run as you blow the bubbles.
- Have children run with the bubbles and try to “catch (pop) the bubbles.”
- Sing songs about bubbles as the children run.
- Have children catch or pop bubbles at different levels (high, medium, low).



### **Tips:**

- Count how many bubbles children pop.
  - Use a bubble wand that makes large bubbles.
- Have the children run and pop the big bubbles. You can also use a wand that has multiple holes to simultaneously blow several bubbles.
- Make your own bubble wand from materials that you have around such as cookie cutters, the end of a frozen juice can, a tuna can with the top and bottom removed. Use something that has multiple holes such as a fly swatter to create lots of bubbles
  - When outdoors, consider wind and glare from the sun.

### **Alternatives/Adaptations:**

- For a child who is unable to walk or run, these activities can be done while seated. The child can still track the bubbles and pop the bubbles with his/her hands.



# PRESCHOOL TEACHERS

## 3-4 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach catching & throwing:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.

**Space:** Indoor activity



**Resource/Equipment:** CD and player, hula hoops (one per child)

**What to do:** We are going to play a moving game that is one of leap's favorites. Here are the rules."

- "I want you to walk around the room until the music stops."
- "When the music stops, go into one of the hula hoops — only one person in each hoop."
- "I will tell you something to do in the hoop, like 'run around'."
- "You need to keep moving the way I told you in the hoop until the music starts again."
- "Then we will do it again — walk around again until the music stops and get into a hoop and do a movement."

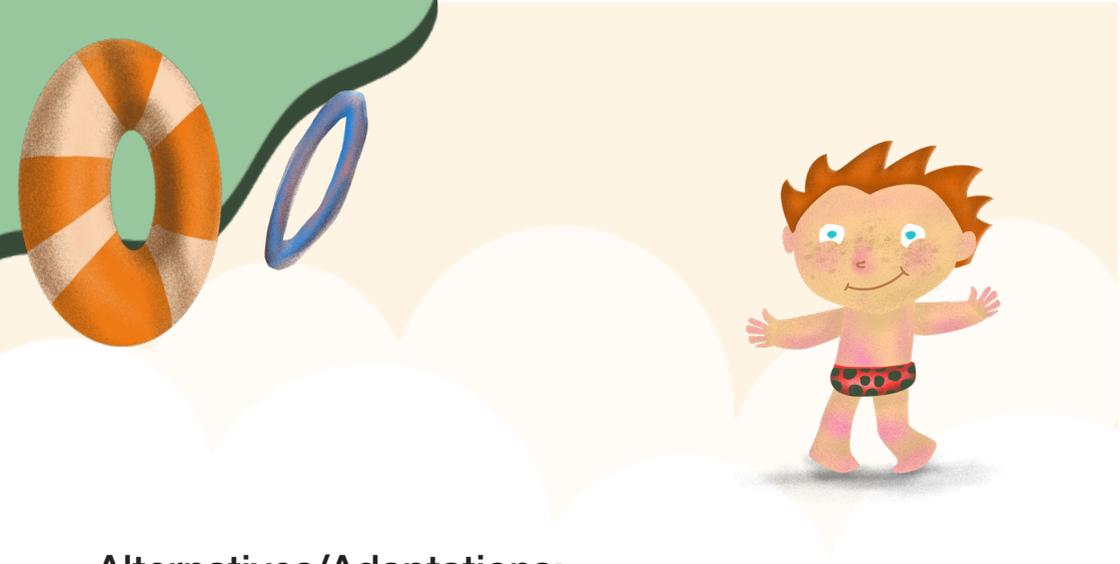


# PRESCHOOL TEACHERS

- Place different colored hula hoops around the room. Play music and have the children walk around the room. When the music stops, have each child step into a hoop.
- When the music starts children resume walking until the music stops again. Designate another movement and repeat.

## **Tips:**

- You can do a variety of locomotor skills that will get children moving while going around the hoops.
- Have children count how long they balance or do other movements; name the colors of the hoops.
- You can use spots or carpet squares in place of hoops.
- Take it outdoors and do activities in open space.



### **Alternatives/Adaptations:**

- When the music stops, have one child name a different movement.
- Designate upper body activities such as swinging arms or shaking arms overhead. For children who have limited mobility, have them put arms out to the side. Have other children join in these activities.



# PRESCHOOL TEACHERS

## 3-4 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine jumping skills.

**Why teach catching & throwing:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to jump fairly well. These activities will encourage them to try these developing skills.

**Space:** Outdoor activity



**Resource/Equipment:** Floor markers, spots, plates or hula hoops.

**What to do:** “The frogs are getting ready for Frog Jumping Day — a day when they jump from lily pad to lily pad.

They see all of the lily pads in the pond. They move around by jumping. We are going to jump like frogs. Can someone show me how a frog jumps? What does a frog say?”

- Place objects such as spots or plates (lily pads) in a line. Have children bend their knees and jump from one spot to another.



# PRESCHOOL TEACHERS

## **Tips:**

- Have children say “ribbit” as they jump.
- A jump is taking off and landing evenly on two feet at the same time. A leap is leading with one foot and landing on the other foot.
- If using paper or plastic plates as lily pads be sure they do not slide. Use tape to hold them or put outside in grass.

## **Alternatives/Adaptations:**

- Using hula hoops have children jump in place in the circle, then jump off the “lily pad” into the water.
- Place spots farther apart as children master jumping.
- Place spots in other pathways such as a zigzag.
- Have the children try jumping and landing with lots of force or with little force (softly).



# 3-4 Years Old Kids Swimming Activity 1

**Purpose of the activity:**To learn floating in water

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Floating in water on front and back is essential for lifesaving.

**Resource/Equipment:** swimming noodles

**Space:** Swimming pool

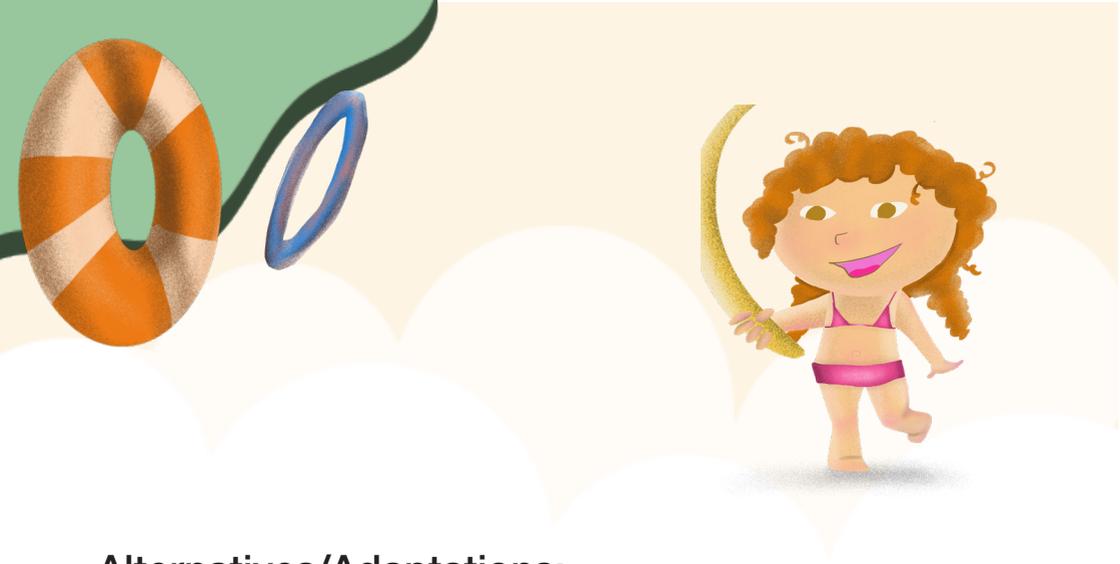


# PRESCHOOL TEACHERS

**What you need:** A suitable swimming pool with appropriate water temperature for preschoolers (28 - 30 degrees Celsius)

**What to do:** Preschoolers usually like water, but they do not like to be pushed in activities which they don't like. Try to make the activities as funny as possible, so that the child wants to practice activities in water. To learn floating in water means, to relax on back or front of your body, usually with arms and legs straight.

1. Explain your child that you will play a game called „jelly fish“. Put the child on its back and hold the child under head and back. You can help the child with noodle, put the noodle under child's arms. Explain the child to relax, not to move with hands nor legs.
2. Try the previous exercise on front (belly). If the child can put face into water, try to do so. If not, the child can hold face on the surface of water.



### **Alternatives/Adaptations:**

- Have the child to play “starfish”, the child will be on its back, the arms and legs will be straight and as far from each other as possible (so that the child looks like a starfish).

**Safety:** Make sure that you never leave the child unattended in water.



# PRESCHOOL TEACHERS

## 3-4 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn and develop breathing in water

**Why teach swimming movement:** Breathing in water is essential for swimming. Children can learn breathing in water in early age. This skill will help them later to learn swimming properly.

**Resource/Equipment:** hula hoops, small plastic balls

**Space:** Swimming pool



**What you need:** A suitable swimming pool with appropriate water temperature for children (30 – 32 degrees Celsius)

**What to do:** Ask children what they think how to make bubbles in water. Then tell them they will learn how to make bubbles in the pool.

- Make couples of children and tell them to hold their hands. They will be playing “wind around”, so tell them to blow air on their faces as strong as possible.
- In the couple, tell children to play “a pump”. The children will hold their hands and take turns in blowing bubbles into water.
- Give the children hula hoop to hold it in couples. The children will take turns to blow bubbles into hula hoop, then they will try to blow into hula hoop together.



# PRESCHOOL TEACHERS

## **Tips:**

- Do not push children to blow into water in case they do not want to.
- Put small plastic balls into the hula hoops and let children to blow in pairs into it.

## **Alternatives/Adaptations:**

- Play with children “wheel, wheel, millwheel”, all the children together with the teacher will hold hands and stand in a circle. The teachers will sing the song as the children walk in a circle. As the teacher says “blow” the children will stop moving and will blow bubbles into water.



# 5-6 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.



# PRESCHOOL TEACHERS

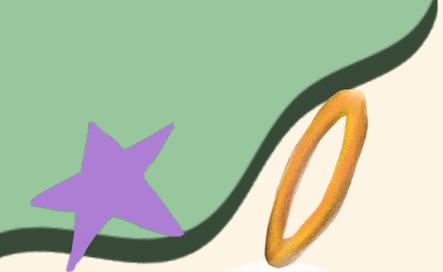
**Resource/Equipment:** Cardboard where you can draw targets; balls of various shapes and materials; tools for an obstacle course (hoops, cones, platform, ropes, white and red ribbon, mats, etc).

**Space:** Large room or outdoor area.

**What to do:** “Shooting gallery”: two or more teams (based on the number of children) and different types of balls. The child has to carry the ball with different body parts (e.g. rolling it, pushing it with the nose/ the foot/ the head/ etc.) along an obstacle course and when he/she reaches the end of the path he/she can throw the ball towards the target.

**Alternatives/ Adaptations:**

- Add a difficulty: the obstacle course must be covered in pairs, throwing the ball between partners.



- Relay race: toddlers placed in single line in front of the target; the last child in the row has to get the ball to the first of the row throwing it to the near partners, who in turn throws it to the front one triggering a handrail of the ball; when the ball reaches the closest child to the target, he/ she can try to hit the target. One he/ she throws the ball, he/ she recovers it and gets at the end of the row, restarting the handrail.
- Instead of the ball, you can use: frisbee, velvet balls and a Velcro target, paper ball or sponges with paint (e.g.: the aim is to make a draw throwing colored balls).
- Blindfolded, with a partner who gives indications on where to throw.

**Safety:** Make sure that the surface is suitable everyone.

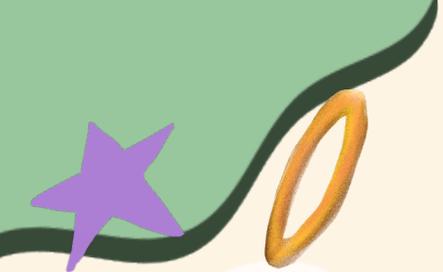


# PRESCHOOL TEACHERS

## 5-6 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.



**Resource/Equipment:** Balls; mats, boxes or foam cubes/ cylinders/ pyramids.

**Space:** Large room, or a suitable indoor playing area.

**What to do:** “Knock down the wall”: position the mats, the foam cubes/ cylinders/ pyramids and the boxes to create a wall. Ask the children to knock down the wall throwing the balls.

**Alternatives/ Adaptations:** Divide the children in two teams: a team will knock the wall, the other one will defend the wall catching and rejecting the balls and also repositioning the items to reform the wall.

**Safety:** Make sure that the surface is suitable everyone.



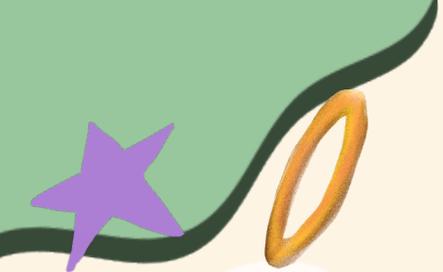
# PRESCHOOL TEACHERS

## 5-6 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine walking/running skills

**Why teach jumping movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to jump different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Foam/swimming noodles, bar at varying heights, music



**Space:** Outdoor or indoor activity

**What you need:** A safe outdoor/indoor playing area.

**What to do:** “Remember how Leap the Rabbit likes to jump. She jumps all over the place. Today she needs to get across the river. Of course she plans on jumping across, but first she needs to practice jumping over things. She is going to jump over a log. A log is like a hurdle. Who knows what a hurdle is? (Let children respond.)

A hurdle is something you jump over. You might jump over a hurdle in a race, or a horse or a dog might jump over a hurdle. Let’s try to jump over the hurdle.”  
“We are going to pretend that these hurdles are logs over a river. You need to jump over them so you do not get wet.”

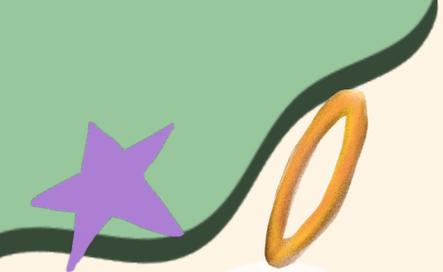


# PRESCHOOL TEACHERS

- Start with a foam noodle cut into a 3-foot length on the floor. For low hurdles tape the foam noodle to the floor. You can also tape the noodle to a block for height.
- Place noodles in a large circle, square, or line with space between to form a continuous path. Children can jump over hurdles one after another. Use different color noodles and have children say the name of the color of each noodle.
- Demonstrate jumping over the hurdle. Have music playing as children start jumping.

## **Tips:**

- Progress to higher hurdles. Noodles can be raised on foam shape holders. Some plastic blocks and cones have holes in them. You can use a bar that is placed into holes in cones or block.
- Have no more than two to three children at one hurdle at a time to decrease wait time.



Have children cheer for their classmates as they go over the hurdle.

### **Alternatives/Adaptations:**

- For younger children or children who cannot jump, have them step: “Sometimes it is hard to jump over the log. Let’s start by stepping over the logs.” Children will step over one leg at a time before they are able to do a two-foot jump.
- To increase difficulty, have the children run up to hurdle and practice leaping over it (taking off with one foot and landing on the other foot).
- Have children climb over with hands and then feet as if they are making a bridge.
- Prop some hurdles high enough so non-walking children can crawl under them.
- For children in wheelchairs, put hurdles higher so they can roll under them.



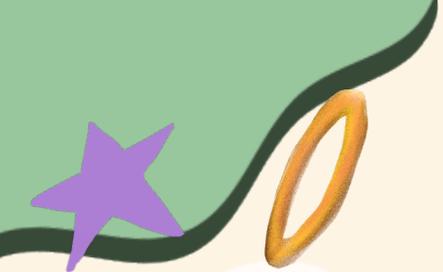
# PRESCHOOL TEACHERS

## 5-6 Years Old Kids Jumping Activity 2

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach jumping movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to jump different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Tape on floor or chalk line or foam noodles.



**Space:** Indoor activity.

**What you need:** A safe outdoor/indoor playing area.

**What to do:**

“The river is rushing through the yard. The children want to get to the other side but does not have any trees to swing from. He will have to jump over the river. Swing cannot leap forward so he decides to jump over it sideways. Let’s jump over the river and back like Swing.”

- “This line (or foam noodle) is a river. Let’s jump across it without getting wet.”
- First have children walk over the “river” with two feet.
- Next have children walk sideways over the river.
- Have children jump back and forth over the “river.” Count how many cycles the children jump.



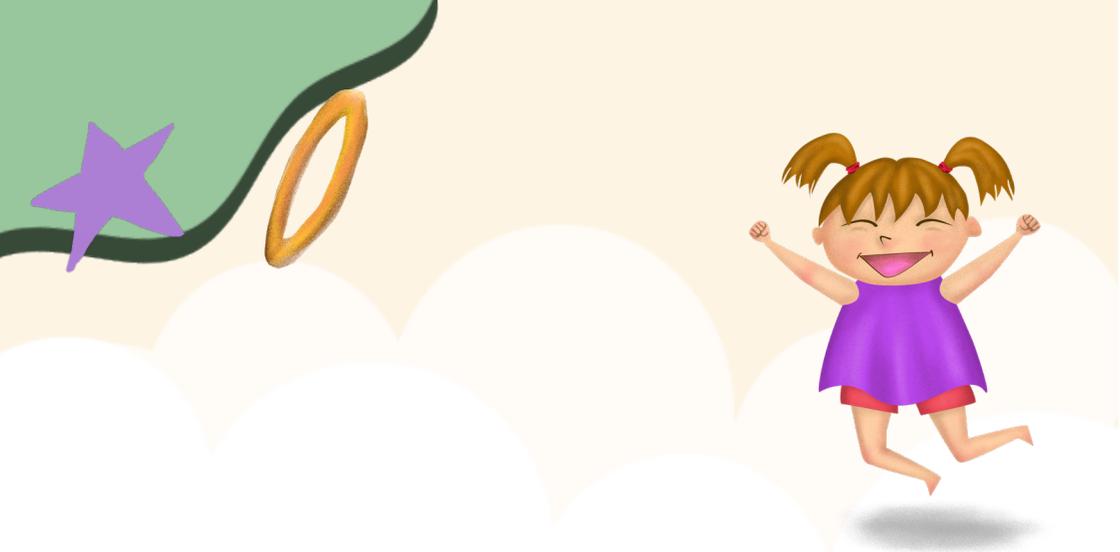
# PRESCHOOL TEACHERS

## **Tips:**

- Note whether children step over one foot at a time or whether they jump with both feet.
- Make up a story where children have to jump across a river or a crack.
- This is a great outdoor activity. Have children jump over real life things found outdoors such as logs, small streams, puddles, etc.

## **Alternatives/Adaptations:**

- For children who are having difficulty jumping sideways, have them side step over the “river.”
- Set up a series of parallel lines with tape or chalk. Have children jump sideways across each line.
- Have children pretend the line is quicksand, gooey peanut butter, a sleeping snake, or an alligator that they have to jump over.



- Have children pretend they are kangaroos jumping sideways.
- Set up tape in a square or circle and have children jump in and out of the square or circle all the way around.



# PRESCHOOL TEACHERS

## 5-6 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running skills

**Why teach running movement:** : Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Space:** Outdoor or indoor activity



**Resource/Equipment:** Cones (or object that can be knocked over such as milk containers), balls to roll, floor markers, tape

**What you need:** A safe outdoor/indoor playing area.

**What to do:**

“Children like to roll things. They like to play games rolling a ball and then running. They are very careful when they roll the ball not to roll it at his friends so he does not hurt them. We are going to play a rolling game, rolling the balls and then running to the opposite side. Our partner will then have a turn.”

- Make two lines, about 4 feet apart, on the floor with tape. (See diagram below.) Place floor markers of different colors opposite each other (colored happy faces, one set per pair of children). Place a cone or object that can be knocked over in front of the markers on one line (blue squares). Have children stand on the markers so they are opposite a partner.



# PRESCHOOL TEACHERS

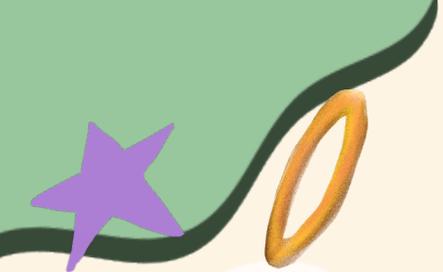
- Have the child bend over and roll the ball to knock over the cone (or empty milk jug or 2-liter bottle). Have their partner retrieve the ball.
- The child who retrieves the ball runs around the line to the marker on the other side, switching spots with the partner, who runs to the side with the cone and stands it back up. Repeat.

## **Tips:**

- Adults may need to stand up the knocked-over item and put it back in place.
- Reduce waiting by having lots of cones around the room and having children move around rolling the ball anywhere to knock down the cones.
- Play with half the class at a time.

## **Alternatives/Adaptations:**

- As children become better at rolling the ball, put the cones farther away.
- Fill the empty jugs or 2-liter plastic bottles with bells or other noise-makers to



## 5-6 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach running movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Hula hoops



# PRESCHOOL TEACHERS

**Space:** Indoor activity

**What you need:** A safe outdoor/indoor playing area.

**What to do:**

“Let’s pretend we are outdoors and it is raining. There are puddles all over. We need to get to the other side of the playground without getting our feet wet. Can you tip toe across without getting wet?”

- Set up hula hoops of different colors around the play area. Tell children that these are puddles and that they need to tip toe through them to avoid getting wet.
- Have children tip toe through the “puddles” and say what color the “puddle” is. Count the “puddles” as children tip toe through them.



### **Tips:**

- This requires balance. Some younger children may have difficulty with this. You may need to help them stand on tip toes at first or have them try to get on tip toes while holding on to a wall or chair.
- Having trouble getting a child on tip toes? Stand behind the child and gently push your body into his/hers raising the child up onto his/her toes. Just be careful not to push the child over!
- Think about playing soft music that may encourage tip toeing.

### **Alternatives/Adaptations:**

- Have children pretend to tip toe through the flowers or tip toe to catch a bird or other element of nature outdoors.
- Put on music and have children dance on their tip toes like a dancer.
- Get outdoors on a rainy day. Have the children bring boots and tiptoe in the puddles? Have them jump, splash, and have fun!



# PRESCHOOL TEACHERS

## 5-6 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To learn kicking in water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Crawl kicking in water on front and back is essential for moving in water.

**Resource/Equipment:** ;Swimming boards, swimming noodles

**Space:** Swimming pool.



**What you need:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius)

**What to do:**

- Firstly, try to practice crawl kicking on the floor. Encourage the children to lie on its back and start kicking with straight legs
- Then, try this movement at the pool side; the children will hold the pool side firmly, with straight arms. During kicking, encourage the children to breathe into water.
- Give each child a swimming board, explain them not to put the board under water, just hold it firmly but not to press (it would stop children moving in water)
- During the movement, tell the children to breathe regularly into water.



# PRESCHOOL TEACHERS

- Give each child a swimming noodle and help them to put the noodle under their arms. Then explain them to relax and firstly only lie on the noodle on their backs. Then, tell them to try kicking on their backs with noodle under arms.
- Tell the children that you will be playing “turtles”. The swimming boards will be their Exchange the noodle for a swimming board, the children will hold the board on their chest and will start.

## **Alternatives/Adaptations:**

- When the music stops, have one child name a different movement.
- Designate upper body activities such as swinging arms or shaking arms overhead. For children who have limited mobility, have them put arms out to the side. Have other children join in these activities.



**Tips:**

- Sometimes it is very difficult for a child to move in the water. The kicking should be always done with straight legs; however, the child should be relaxed. If the child is too stiff in the water the movement will be harder.



# PRESCHOOL TEACHERS

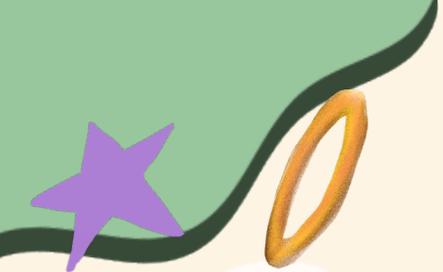
## 5-6 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn gliding in water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Gliding in water on front is essential for moving in water.

**Resource/Equipment:** Swimming toys, swimming mats, swimming boards.

**Space:** Swimming pool.



**What you need:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius).

**What to do:**

- Practice kicking with swimming boards and breathing into water.
- Encourage children to hold arms straight and to start from the pool side in front position, gliding on water surface. Explain children to put their faces into water and without kicking just lie on the water surface. In case that some children are afraid of lying on water, give them assistance and hold their hands.
- Put some swimming toys further away from the pool side and encourage children to glide and catch some of the toys.
- Play a “torpedo”. Take swimming mat, put one child on the mat (the mat needs to be wet), hold the mat and move the child with straight legs and straight



# PRESCHOOL TEACHERS

- Play a “torpedo”. Take swimming mat, put one child on the mat (the mat needs to be wet), hold the mat and move the child with straight legs and straight arms forward into water. Explain the child to glide on water as far as possible.

## **Tips:**

- Gliding is sometimes difficult, if the child does not have the appropriate speed at the beginning of the movement. Therefore the child can firstly start with kicking to get the speed and then only lie and move on the water surface.

## **Alternatives/Adaptations:**

- With help of adults the children can glide between to adults, who can help them with pushing to acquire the appropriate speed for gliding





# SPORT COACHES

## Age 1-2

Catching & Throwing  
Crawling & Walking  
Climbing  
Swimming

## Age 3-4

Catching & Throwing  
Walking & Running  
Jumping  
Swimming

## Age 5-6

Catching & Throwing  
Walking & Running  
Jumping  
Climbing  
Swimming



# 1-2 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop and refine running/rolling ball skills.

**Why teach catching & throwing:** Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.

**Space:** Indoor playing area or gym.



# SPORT COACHES

**Resource/Equipment:** Balls of various shapes, sizes and weight:

- of rubber, plastic or sponge
- round, cubic or triangular
- with rattles, music or sounds of animals
- big (fitball), medium and small.

Boxes with cutouts of shape and size of most of the ball you have available.

Colored hoops.

**What to do:** Place the various balls in a bounded area of the room, mixed together. On the opposite side of the room, place the boxes and the hoops. Ask the children to move the balls from one end of the room to the other: one ball at a time, through a specific part of the body, (e.g. the nose, the forehead, forefinger and thumb, with a partner, etc.) and ask the toddlers to put the ball in the corresponding hole; if the boxes don't have the right hole for one of the balls,



**Alternatives/ Adaptations:** You can add a path along which the children must climb, roll, crawl, jump carrying the ball. You can also use music to give a precise time during which the can carry objects; at the end of the music, all together the toddler can open the box and discover how many balls have placed inside.



# SPORT COACHES

## 1-2 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop and refine running/rolling ball skills.

**Why teach catching & throwing:** Toddlers (age 1-2 years) through the hands (through manipulating, touching, catching and throwing) learn to know their own body, they relate with people and explore the surrounding environment.

**Resource/Equipment:** Soft cubes, cylinder, pyramids, steps, pillows, balls and mats.

**Space:** Indoor playing area or gym.



**What to do:** “The towers”: ask the toddlers to create a tower or some towers with the various materials they have available; they can carry them in different ways: pushing, pulling, rolling, through handrail with peers, as they prefer. The tower must be destroyed throwing balls, pillows or crushing with their own body.

**Alternatives/ Adaptations:** You can invent and tell a story (e.g. a city under fire of giant toddlers) or use the music.



# SPORT COACHES

## 1-2 Years Old Kids Crawling & Walking Activity 1

**Purpose of the activity:** To develop and refine walking/crawling.

**Why teach walking movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to walk fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** None

**Space:** Indoor activity.



**What to do:** This activity works on taking steps.

- Sitting or kneeling with the baby facing you, support him/her in a standing position with your hands around the torso.
- Say, “Let’s walk,” and encourage the baby to take steps.

**Tips:**

- Move body slightly side to side to simulate a walking motion.

Alternatives/Adaptations:

- Try this activity standing so you can move together.
- To encourage movement, hide a toy bear and ask, “Can you find the toy bear?”
- This activity is great to do outdoors on wet, muddy, or grassy areas without shoes so that babies can feel the different textures.



# SPORT COACHES

## 1-2 Years Old Kids Crawling & Walking Activity 2

**Purpose of the activity:** To develop and refine walking/crawling.

**Why teach walking movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to crawl fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Attractive toy.

**Space:** A suitable indoor playing area.



**What to do:** In this activity the infant is encouraged to creep over a barrier, such as the caregiver’s legs.

- With the baby sitting on the floor to one side of you, sit with your legs out and knees together.
- Place a toy on your side opposite the baby and encourage the baby to climb over your legs to get it.

### **Tips:**

- Encourage movement with positive words.
- Use toys or Loose Parts that sparkle or make noise to attract the child’s attention and encourage him/ her to climb over the barrier.

### **Alternatives/Adaptations:**

- Bend your knees to make a higher “mountain.”
- Use a lower barrier such as a folded blanket or a small pillow.
- Play hide and seek by hiding behind the pillow and encouraging the baby to come find you.
- Use objects that are visually stimulating, auditory stimulating or both, such as rattles, light wands, etc.



# SPORT COACHES

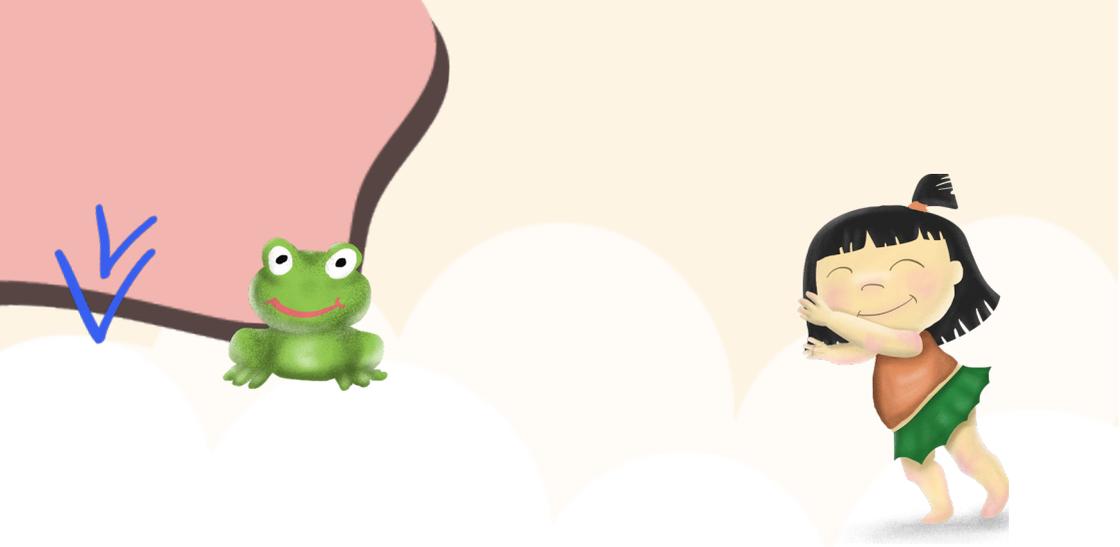
## 1-2 Years Old Kids Climbing Activity 1

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Attractive toys.

**Space:** Indoor activity.



### **What to do:**

In this activity the infant is encouraged to creep over a barrier, such as the caregiver's legs.

- With the baby sitting on the floor to one side of you, sit with your legs out and knees together.
- Place a toy on your side opposite the baby and encourage the baby to climb over your legs to get it.

### **Tips**

- Encourage movement with positive words.
- Use toys or Loose Parts that sparkle or make noise to attract the child's attention and encourage him/ her to climb over the barrier.

Alternatives/Adaptations:

- Bend your knees to make a higher "mountain."
- Use a lower barrier such as a folded blanket or a small pillow.
- Play hide and seek by hiding behind the pillow and encouraging the baby to come find you.
- Use objects that are visually stimulating, auditory stimulating or both, such as rattles, light wands, etc.



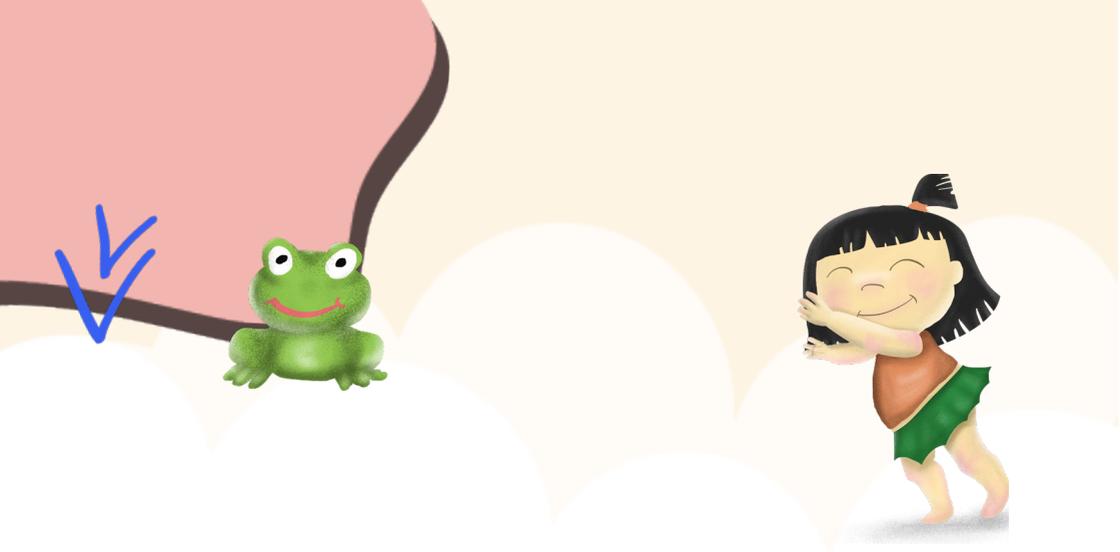
# SPORT COACHES

## 1-2 Years Old Kids Climbing Activity 2

**Purpose of the activity:** To develop and refine climbing.

**Why teach climbing movement:** Infants (age 1-2 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 2 children should be able to climb fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Tape, floor markers, hurdles, balls, tunnel or pillows



**Space:** Indoor activity.

**What to do:** Climbing, on balance beams or obstacle. An obstacle course can be made up of activities that are done one after another. Set up a series of activities where children can try different things that are developmentally appropriate and tap into a range of activities that children can perform or safely try.

**Examples:**

- For young toddlers, set up a tunnel to crawl through, a pile of large pillows to climb over, a ball to roll into a box, and a ball to throw into a basket.



# SPORT COACHES

## **Tips:**

- When the first child has completed the first obstacle, have the second child begin (to minimize wait time). Spread the children out into groups, each starting at a different point in the obstacle course (to decrease wait time).
- If safe, have children run between the obstacles. Or have them hop, jump, or side step.
- Have an adult at each station to direct the activity.

## **Alternatives/Adaptations:**

- You can vary the activities on the obstacle course.
- Adapt the obstacles when doing this activity outdoors. Use slides, playhouses, or furniture in safe ways.

Oh look, I see a slide. Let's slide down." (Have children throw arms in air and sit down as if to slide. Repeat several times moving as if climbing ladder, arms up to slide).



# 1-2 Years Old Kids

## Swimming

### Activity 1

**Purpose of the activity:** To get used to water environment and adapt to it.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills and specific swimming skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Resource/Equipment:** Swimming toys, kettles, pots, swimming boards.



# SPORT COACHES

**Space:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius)

**What to do:** In shallow water:

Put swimming toys into water and let them float. The children will try to run to toys and get as many toys as possible and bring them to the basket. You can repeat it two or three times.

- Give each child a swimming board so they can lie on it. Let them lie on the boards and move them slowly on water surface.
- Let each child to have a board and move a toy on the board by themselves from one side of the pool to another.
- Put all the children to one side of the pool in a line a let them run as fast as possible to the other side of the pool. Give them assistance in case they fall.



### **Tips:**

- Adults should be giving assistance to children during all the exercises.
- Let the children splash water, so they get used to being in water environment.
- When children do not like splashing water, sometimes goggles are a good option to protect children's eyes.

### **Alternatives/Adaptations:**

- Children can take empty plastic jugs/pots and spill water on their toys to shower them or to clean them. Then they can try it on themselves.
- Motivate children to put water on their faces with songs about washing.



# SPORT COACHES

## 1-2 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn jumping into water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills and specific swimming skills. The toddlers (age 1-2 years) can use all muscle groups. In water environment the toddlers get used to being more cold resistant.

**Resource/Equipment:** Swimming mats, rubber toys, hula hoops.



**Space:** A suitable swimming pool with appropriate water temperature for toddlers (30 – 32 degrees Celsius)

**What to do:**

- “play frogs” explain the children that you will play frogs today. The frogs are able to jump really good, so you will learn jumping into water.
- Make a line of children and firstly let them jump in water (water height until chest) with both legs at once
- Take a swimming matt and let children after each other to crawl on the swimming matt and with your help to jump into water.
- Take the toys and let them float on the water surface, the children will try to catch them jumping on both legs.
- With your help let the children to jump from the pool side one after each other, prepare a hulla hoop, so they can jump into it.



# SPORT COACHES

## **Tips:**

- Adults will give assistance to children during jumping, each child needs to be supervised during the first attempts
- During the first attempts the children do not need to put head under water but in case they want to do so, the adults can encourage them



# 3-4 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination.

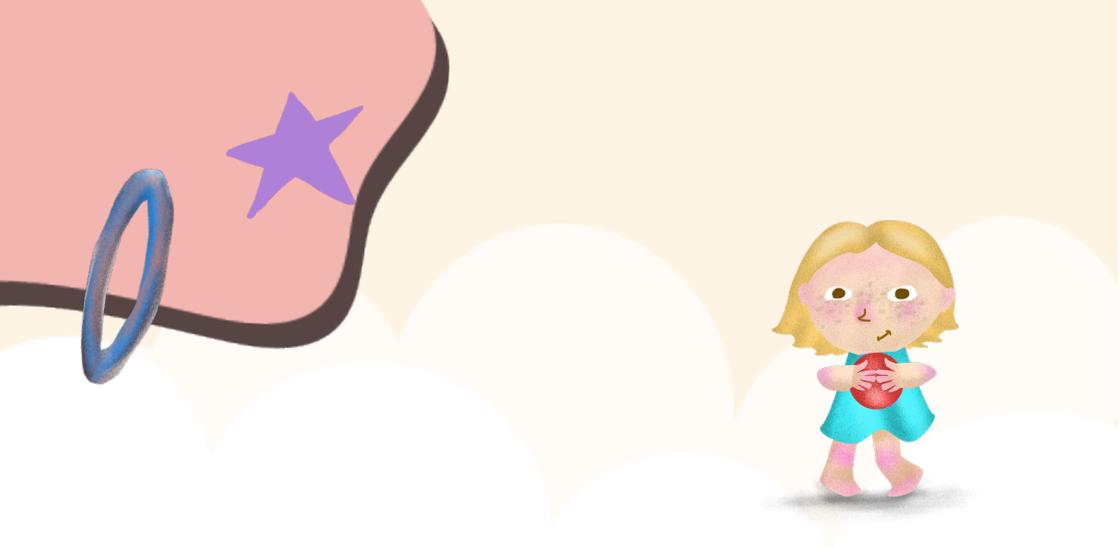
# SPORT COACHES



**Resource/Equipment:** Containers of assorted sizes: baskets, boxes, pots, and bags. Various objects: balls, clubs, colored ribbons, pieces of tissue shaped like different body parts, foam puzzle (with letters and number).

**Space:** Outdoor or indoor activity.

**What to do:** the “Stock up”: place the containers raised above the ground (e.g. on a table, a bench, a mat, etc.) and the various objects scattered in the playing area. Apply the image of each object on the various canisters and ask the children to fill them according to the image they see. Depending on the position of the container, the child will have to climb, throw the object and try to make a dunk, help with a partner, etc.



**Alternatives/ Adaptations:** Tell a story to give precise times and rhythm of the transport of the objects. Use the music to define a beginning and an end of the game. Ask the children to choose a partner to collect the items and fill the canisters (e.g. couple 1: collecting balls, couple 2: collecting foam puzzle of numbers, etc.)

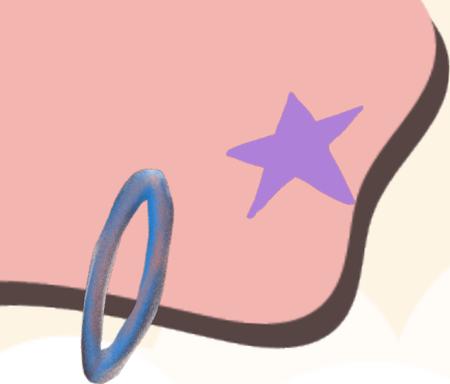
# SPORT COACHES



## 3-4 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To develop and refine catching and throwing skills.

**Why teach catching & throwing:** Through activities of catching and throwing the child can improve the internal representation of himself and his own body: it's important to lay the basis of a complete body scheme. Moreover, catching and throwing are important movements that allow the child to exercise the sense of space, the perceptive control of the hands, for a global development of the coordination.



**Resource/Equipment:** Balls of different materials and sizes: fitball, sponge ball, little plastic balls, etc.

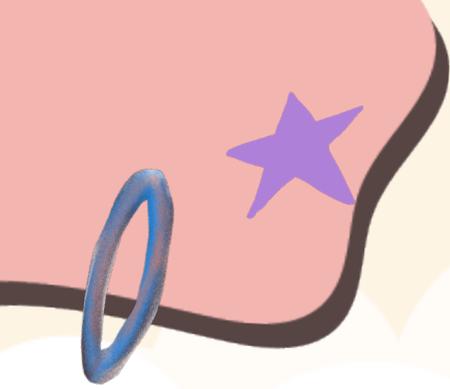
**Space:** A suitable indoor playing area.

**What to do:** Get pairs of children and give each couple a ball. Start the activity with the fitball (the biggest ball you have) Give instructions on how throwing the ball (different ways, different poses and different ways to catching), e.g.: “Roll the ball on the floor to your partner with the left hand and stop the ball with the right hand. Or, throw the ball under your legs and catch it with arms” and so on.

# SPORT COACHES



**Alternatives/ Adaptations:** Combine the pairs to form small playgroups. Introduce the music during which the groups mix with each other.



## 3-4 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach catching & throwing:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Scarves, socks, or bandanas.

**Space:** Indoor activity.

# SPORT COACHES



## **What to do:**

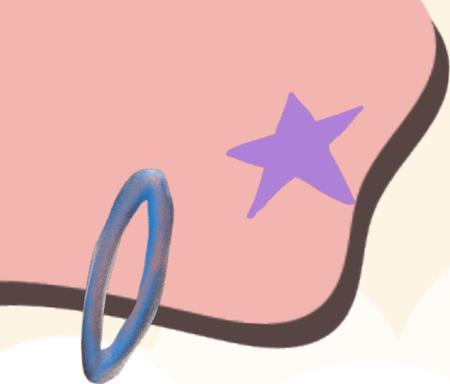
Child has lots of scarves/socks or bandanas. Some of her them form a tail. Children have scarves that sometimes fall out. Today we are going to pretend that we are very fast children with loose scarves in our body. Other children are going to chase us and try to catch the loose scarves while we are chasing them.” “Each of you will have a scarf/sock which you will tuck into the back of your pants.

This is your scarf tail.”

Have each child tuck a scarf or sock into their waistband. This is their “loose scarves.”

- Have children scatter around the playing area. Show children where the boundaries are where they may run. When you shout “Go!” the children chase each other, trying to grab someone’s “scarves.” After grabbing a “scarf” the child throws the “scarf” onto the ground.

- Once a child loses his/her “scarf,” he/she can pick up a “scarf” from the ground, go to a safe area and



re-tuck the “scarf.” Then the child can rejoin the game.

### **Tips:**

- No sitting on or hiding of scarves.
- Define the play area outdoors so children know where they can run.
- Define a safe area where children can go after losing their scarves so they can put in a scarf tail. They then rejoin the game.
- This is a great outdoor activity for a large, open grassy area.

### **Alternatives/Adaptations:**

- Vary speeds, levels and types of locomotor movements.
- Adjust the space by making it larger or smaller to strengthen spatial awareness.



# SPORT COACHES

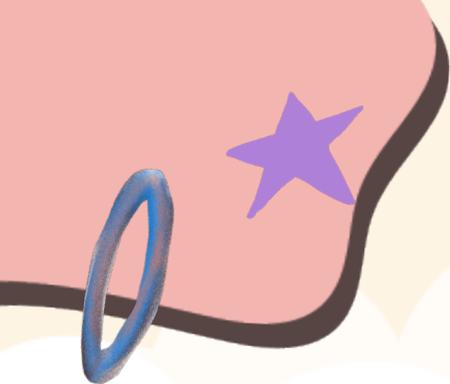
## 3-4 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach walking & running:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to walk/run fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Dots or cut-out feet shapes.

**Space:** A suitable indoor playing area.



### **What to do:**

Children likes to walk different ways. Sometimes she walks straight ahead, sometimes she walks backwards, and sometimes she walks sideways. Today she wants to walk sideways over the rocks that are in the water. That way she won't get wet.”

- Walk sideways
- Initially stand facing the child and step with the child.
- Next, stand next to the child and step sideways, having the child follow you.
- When the children have learned the concept of side stepping, they can stand next to each other and step sideways in a line.

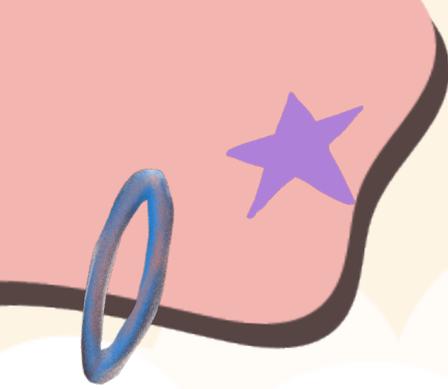
# SPORT COACHES



- Tell the children, “We have to walk from dot to dot because there is water between the dots and you will get wet if you step off” or “We are going to pretend we are stepping around gooey peanut butter and don’t want to make peanut butter tracks all over the floor. The dots are between the peanut butter. We have to walk sideways from dot to dot to get through the peanut butter.”
- Have the children name the color of the dot that they are standing on.
- Place dots or cut-out feet shapes on the floor close together so the children can step from one dot to another. Do this by having the child place two feet on one dot. Next have the child move one foot to the next dot, and then move the other foot to that dot so that both feet are together. Repeat.

## **Tips:**

- Is a child having difficulty side stepping? Face the child and hold the child’s hands. Have the child move



sideways with you. Initially allow the steps to be exaggerated; then reduce the size of the steps.

- Put cut-outs of feet on each dot, having the feet face the way the child's foot should go when side-stepping.
- Count the number of steps a child takes on the feet.
- Practice relationship awareness by holding hands and supporting each other.
- Take this activity outdoors – use pathways, walls, stumps, etc. to practice side stepping and sliding.

Alternatives/Adaptations:

- As children master side stepping, progress to putting dots in a zigzag or circle and have them side step dot to dot.
- Increase speed and move into sliding: “Step, together, step, together.”
- Play follow-the-leader – have the child walk forward, walk fast, side step, or march with knees up.
- Tape lines on the floor like a ladder and have children walk sideways over the lines.



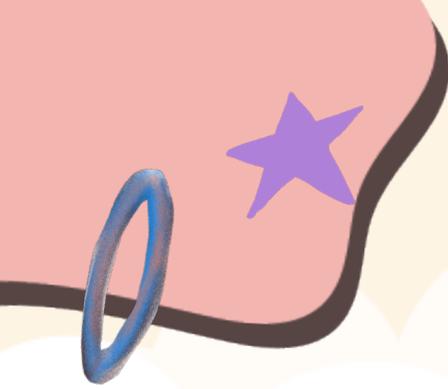
# SPORT COACHES

## 3-4 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine jumping skills.

**Why teach jumping movement:** Toddlers (age 3-4 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 3 children should be able to jump fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Floor markers, tape, block or low platform



**Space:** Indoor activity

**What to do:**

- “Children wants to see how far they can jump. When the child is a frog he likes to jump into puddles. These markers on the floor are the puddles he likes to jump into. He jumps to the first puddle then tries to jump to the one further away. Let’s see how far we can jump.”
- Place floor markers (or tape lines) at 6-inch intervals for 4 feet.
- Have children stand on the starting mark, bend knees, and jump to the next marker. Have them raise their hands in the air and say, “Hooray!” Repeat.
- Increase the distance between markers as children’s skill improves.



# SPORT COACHES

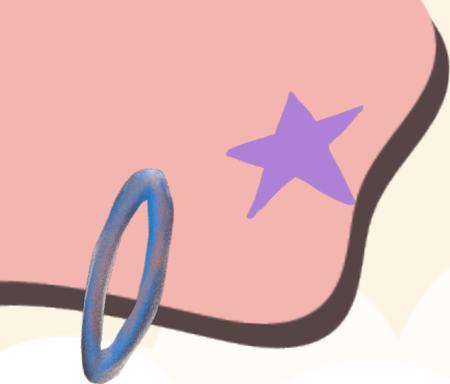
## 3-4 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To learn and develop breathing in water

**Why teach swimming movement:** TBreathing in water is essential for swimming. Children can learn breathing in water in early age. This skill will help them later to learn swimming properly.

**Resource/Equipment:** Swimming noodles.

**Space:** A suitable swimming pool with appropriate water temperature for children (30 – 32 degrees Celsius)



### **What to do:**

- Place all the children to the pool side to hold it. Tell the children to grab water into their hands and blow bubbles. Then tell the children to hold the pool side and blow bubbles between their arms.
- Have a swimming noodle placed at the pool side and hold the other side of the noodle to build a bridge. Have children standing in a line and tell them to move under the bridge and make as big bubbles as possible.
- Have children in groups of three. Two children will stand and hold their hands. The third child will dive and make bubbles and will breathe in the “window” that the pair build with the hands. Then the children in groups will change their positions.

# SPORT COACHES

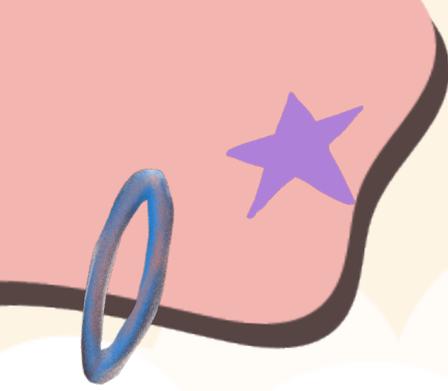


## **Tips:**

- Adults should be available during the exercises to guide children in water.
- Be careful that the children do not drink water, only blow and make bubbles.
- Be aware of safety in water environment, pay attention to any changes of children's behavior.

## **Alternatives/Adaptations:**

- Let children to move around in water freely. Have some words ready, that will be used for making bubbles. For example "Bubble now" and the children will stop doing other activities to make bubbles. This will help them to practice breathing in water to perfection.



## 3-4 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn floating in water.

**Why teach swimming movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Floating in water on front and back is essential for lifesaving.

**Resource/Equipment:** Swimming noodles, swimming mats.

**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (28 - 30 degrees Celsius)

# SPORT COACHES



## **What to do:**

- Let the children firstly only lie on the swimming matts, then ask them to roll slowly into water with your assistance
- Give each child a noodle to lie on it on its back, with noodle under arms, motivate the child to relax with head on the water surface
- Try to do the same exercise as previous but on the front (belly) of the child
- Play a game “mushrooms”, each child will hold bent legs under chest and with bent back the child will present a “mushroom”. The face will be put in water, in case some children are afraid of that, help them to hold face on the surface. The teacher will call “mushrooms” and each child will hide with face in water and bent back, holding under knees. The children can compete who will stay in this position longest.



- Let a child on the swimming mat to lie on back or front, then move the mat so that the child will be suddenly only on water surface, motivate the child not to move, just to lie and relax.

**Tips:**

- The children often move while trying to float, their body is often not relaxed enough. Try to explain them that they are relaxing in bed or that they are sunbathing.



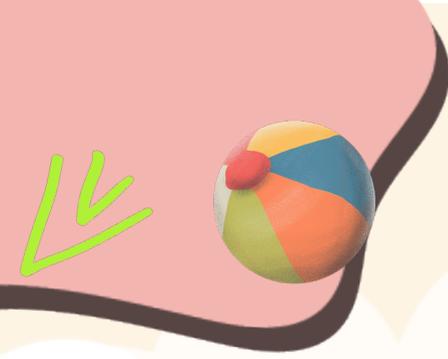
# SPORT COACHES

## 5-6 Years Old Kids Catching & Throwing Activity 1

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.

**Space:** A suitable indoor playing area.



**Resource/Equipment:** Balls.

**What to do:** Get pairs of children and give each couple a ball. Give instructions on how throwing the ball (different ways, different poses and different ways to catching), e.g. throwing with the left hand under the right arm and catching with both the hands; throwing upside down through the legs and catching with the right hand; throwing the balls with the eyes closed following partner's voice; etc.

**Alternatives/ Adaptations:** Combine the pairs to form small play groups. Introduce the music during which the groups mix with each other. Give toddlers a goal: e.g. 5 throwing without dropping the ball.



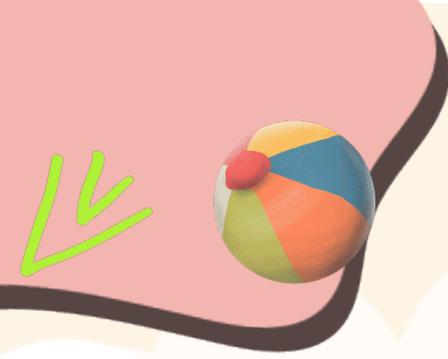
# SPORT COACHES

## 5-6 Years Old Kids Catching & Throwing Activity 2

**Purpose of the activity:** To strengthen and refine catching and throwing skills.

**Why teach catching & throwing:** Catching and throwing are part of the basic motor patterns and their development is correlated with the physical activity levels and wellbeing during adolescence and adulthood. Through catching and throwing the child can strengthen his/ her body consciousness. Moreover, proper manipulation and grasping are prerequisite for handwriting.

**Space:** A suitable indoor playing area.



**Resource/Equipment:** Different kinds of balls.

**What to do:** “Clear playing field”: distribute an equal number of balls in two demarcated area. Form two groups of children, each for area of the playing field. On your count, the children must empty their area; at your word “STOP” the group with less balls in his area win the round.

**Alternatives/ Adaptations:** You might use the music as “START” and “STOP” the round.



# SPORT COACHES

## 5-6 Years Old Kids Walking & Running Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach running movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Space:** Outdoor or indoor activity.

**Resource/Equipment:** Ribbon for finish line.



**What you need:** A safe outdoor/indoor playing area.

**What to do:**

“Children love to run. He also likes to walk and jump. They are going to a track meet to run with their other friends. Here they go! Some are fast and some are slow but everyone crosses the line and finishes. There are lots of different ways to walk and run. Can you tell us some different ways?”

Ask the children to run in different ways.

“First, let’s warm up.” Either do one of the Let’s Get Started activities or walk slowly in place.

“Now let’s practice different ways to walk and run.”

- Walk slowly to warm up.
- Run in place — fast, slow, high knees.
- Run forward with noisy feet.
- Run forward with quiet feet.
- Run slowly while clapping hands.
- “See the ribbon across the room (or outdoor space)? That is the finish line.”



# SPORT COACHES

“Now let’s have a track meet and get across the finish line. How will you go to the finish line?”

## **Tips:**

- Do not celebrate winning—celebrate everyone crossing the line.
- Use a ribbon or put a line on the floor as the finish line. A line on the floor allows everyone to cross it!
- This is a great activity to talk about heart rates, pacing and activity levels. Incorporate a heart check.

## Alternatives/Adaptations:

- Extend the activity to include jogging around a track, or use straight, curved, and zigzag paths.
- For children who are not mobile, have them cross the finish line in their wheelchair, scooter, or by crawling — in whatever way they can move.
- Play running games like Simon Says or Red Light, Green Light.



- Set up a place to do fun running in your outdoor learning environment using grassy open spaces as well as pathways. Have a variety of activities such as running around the yard, finding a twig with four leaves, running to and touching the large oak tree in the corner, running to a pile of leaves and then jumping in them, touching something blue. Be sure to have adults around the area to help with directions.



# SPORT COACHES

## 5-6 Years Old Kids Walking & Running Activity 2

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach running movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Tape, balance beam/ swimming noodles, chalk



**Space:** Outdoor or indoor activity

**What you need:** A safe outdoor/indoor playing area.

**What to do:**

“The child likes to go across things like rivers. S/He usually swings from tree to tree. Today Swing decided to try to learn something new — walking across the river on a fallen tree. He needs to be careful not to fall in because there are alligators in the water. Step by step, Swing carefully walks across the river. He/She gets to the other side! Hooray! Can you walk across to the other side without falling in?”

- Use tape to place a rectangle on the floor, 4-8 feet long and 4-6 inches wide. Demonstrate walking in line with one foot in front of the other, arms extended out from sides to help balance. Set up several lines for children to walk on.



# SPORT COACHES

- Say, “Walk the line as I did.” Have children walk the line one at a time and then run back to the end of the waiting line.
- Pretend that the area next to the line is a river with alligators or that the line is over a raging river. Tell the children to be careful not to fall in!
- For preschoolers, have them walk the line forward and then backward.

## **Tips:**

- Set up multiple lines for walking so children do not have to wait for a turn.
- You can also set up a plank of wood to walk on.
- If masking tape sticks to your carpet and you cannot remove it, try painter’s tape. It peels off easily.
- A low balance beam can be constructed from blocks and a beam.
- Take it outdoors and draw a chalk line for children to walk on or have children walk on curbs or edges of the sand box.



**Alternatives/Adaptations:**

- For children having difficulty or just starting, make the line wider — put several pieces of tape together, use wider tape, or draw a wider line.
- Have children pretend they are tightrope walkers in the circus.
- Make the line a zigzag and have children walk it.
- As children get the skill, increase the height of the line.
- Ask children different ways they can walk on the line — on tip toes, sideways.
- For children who cannot walk on the line, start by having them walk with one foot on each side of the line. Then progress to walking with one foot on, then two feet.



# SPORT COACHES

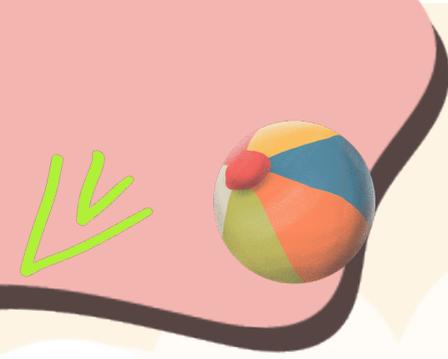
## 5-6 Years Old Kids Jumping Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach jumping movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to jump different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Ribbon for finish line

**Space:** Outdoor or indoor activity



**What you need:** A safe outdoor/indoor playing area.

**What to do:**

Vertical Jump

- Put stickers, lines, stars, etc. numbered 1, 2, and 3 on the wall at 6-inch vertical intervals starting at a point that a child's extended arm can reach. With children standing sideways to the wall, have them practice jumping up and touching the highest sticker on the wall that they can. (Avoid facing the wall so the child does not jump into it.)
- Outdoors, use trees and branches to jump up to.



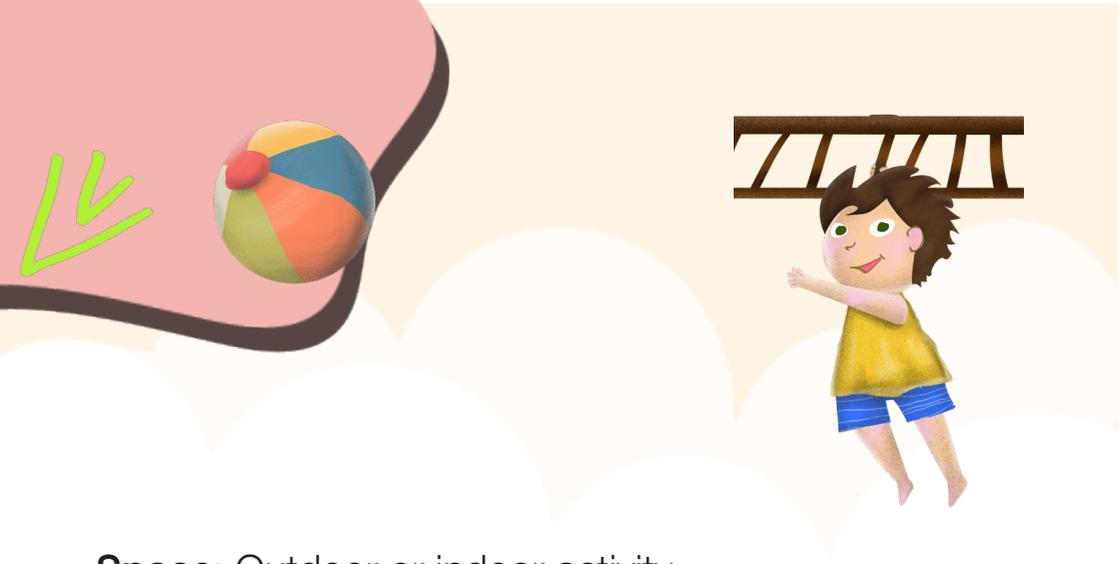
# SPORT COACHES

## 5-6 Years Old Kids Climbing Activity 1

**Purpose of the activity:** To develop and refine walking/running skills.

**Why teach running movement:** Preschoolers child (age 5-6 years) love to move around to explore their environment. The major gross motor development in this period is associated with locomotion. By age 5 children should be able to walk/run different space fairly well. These activities will encourage them to try these developing skills.

**Resource/Equipment:** Climbing ropes, one ribbon, mats



**Space:** Outdoor or indoor activity

**What you need:** A safe outdoor/indoor playing area.

**What to do:**

Stand at rope. Using the stir up technique (rope should hang outside left leg, under left foot and over top of the right foot. Stand on rope with left foot to lock feet in position) climb hand over hand to touch the ribbon and return to floor hand under hand.

Each group stand in front of your rope. On the signal go run forward and climb to touch the ribbon then return hand under to tag the next player in group. Remember do not slide down the ropes.



# SPORT COACHES

## 5-6 Years Old Kids Swimming Activity 1

**Purpose of the activity:** To learn gliding in water.

**Why teach jumping movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Gliding in water on front is essential for moving in water.

**Resource/Equipment:** Swimming mats, swimming toys, swimming boards.

**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius)



### **What to do:**

- Encourage children to hold arms straight and to start from the pool side in front position, gliding on water surface. Explain children to put their faces into water and without kicking just lie on the water surface. In case that some children are afraid of lying on water, give them assistance and hold their hands.
- Put some swimming toys further away from the pool side and encourage children to glide and catch some of the toys.
- Play a “torpedo”. Take swimming mat, put one child on the mat (the mat needs to be wet), hold the mat and move the child with straight legs and straight arms forward into water. Explain the child to glide on water as far as possible.
- Play a “circle glide”, make a large circle with all the children, when you call a name of a child, the child tries to glide to the other side of the circle.



# SPORT COACHES

When children learn how to play it, then the sport teacher can call two names of children and they will change their places with gliding.

## **Tips:**

- Gliding is sometimes difficult, if the child does not have the appropriate speed at the beginning of the movement. Therefore the child can firstly start with kicking to get the speed and then only lie and move on the water surface.
- Gliding can be also easily practiced together with jumping; the children can either jump from a swimming mat or from the pool side.

## **Alternatives/Adaptations:**

- With help of adults the children can glide between to adults, who can help them with pushing to acquire the appropriate speed for gliding.



# 5-6 Years Old Kids Swimming Activity 2

**Purpose of the activity:** To learn kicking in water.

**Why teach jumping movement:** The water environment is suitable for developing general motor skills. Children in preschool age are able to learn basic swimming skills. Crawl kicking in water on front and back is essential for moving in water.

**Resource/Equipment:** Swimming boards, swimming mats, swimming noodles.

**Space:** A suitable swimming pool with appropriate water temperature for preschoolers (30 – 32 degrees Celsius)



# SPORT COACHES

## **What to do:**

- Firstly, try to practice crawl kicking on the floor. Encourage the child to lie on its back and start kicking with straight legs
- Then, try this movement at the pool side, the child will hold the pool side firmly, with straight arms. During kicking, encourage the child to breathe into water.
- Give children swimming boards, explain them to hold it with straight legs, and encourage them to move with kicking and breathing
- Give the children swimming noodles, they will hold it under their arms, encourage them to kick on their backs, relaxed and straight
- Make pairs of two children and give each pair one noodle, they will lie on the noodle together and will try to compete with other pairs of children in kicking



- Take a swimming matt, put 3-4 children on each matt, so they will have their belly on the matt and the legs will be in water. Make competitions of groups of children on the matts. The children will try to kick as quickly as possible to get first to the pool side.

**Tips:**

- It is important to include various games and plays in kicking as the activity is more challenging for children and they try to improve the movements.
- Use of various equipment (boards, noodles, mats etc.) is essential to motivate children in crawl or back kicking.
- Try to instruct children during all the activity, so they do not learn wrong movement patterns (bent knees, bent ankles etc...)

**Alternatives/Adaptations:**

- You can use balls for playing games in kicking, the children can try to kick balls on their backs.



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