



ACTIVE START

Active Play—Ages Three to Six

How can I help my child develop fundamental movement skills?

There are many ways you can help. Here are fun things to help your child develop fundamental movement skills.

- **Obstacle courses:** Make an obstacle course with your child in the garden or the park, and take turns going through it.
- **Simple races:** Running races, hopping races, sideways like a crab races. The type of race doesn't matter, but being safe does. Remember not to make the finishline a wall or solid object that your child could run into, give your child time to slow down.
- **Riding a bike:** During this stage of development, most children can learn to ride a bike. One way to teach your child to ride a two-wheeler is to walk alongside your child as he starts to pedal with his legs. Provide physical support as he starts to use the pedals. As your child becomes more confident and has more control see how far your child can wheel without your support (but stay close for safety). Make sure your child is always wearing a bike helmet.
- **Mini-games:** At this age, children like to imitate, and they generally already know something about sports. Use a few simple rules, the fewer the better, and no more than 2 or 3 children playing at a time. Choose a range of different activities that will help your child learn different skills, for example, soccer for kicking, and baseball for catching and throwing.
- **Follow the leader:** The game can be played both inside and out, and is best played where there are things to jump onto, over and off of, and things to crawl under and through.
- **Throw socks into a basket:** Developing throwing skills takes practice. Get your child involved with easy household tasks by throwing socks into the laundry basket.



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Be a role model

It is important for children to see the people they love and trust being active. So be an active role model both when you are playing with your child, but also on your own. This allows your child to see that being physically active is not something that you do only with them.

Make time for play

Setting aside time for play is important, and making it a part of your child's daily routine is so much better.

Cut down on screen time

When children spend time in front of the TV, it takes away from their active time. Therefore, cut screen time to a minimum, and get your child playing.

Go outside

Outdoor play, and the opportunity to safely explore the environment is important to your child at this age.



For more information and ideas to help your child develop fundamental movement skills visit www.activeforlife.ca.

Adapted from "Canadian Sport for Life Active Start: The Importance of physical activity in the first six years of life: Play Activities-Ages Three to Six". (2008) www.canadiansportforlife.ca

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