

FAMILY FUN FACTS

Five Years

Active play is important for the healthy growth of young children. Through play, children learn motor (moving) skills: to crawl, walk, run, hop, skip, jump, slide. Activity helps children to express feelings, to share, and to play together. And they also learn skills that help them with math, science and reading.

A love for activity is one of the most important gifts parents and child care providers can give to their children.

Samples of Physical Play Objects

Kites
Wands
Cylinders
Low Stilts
Fling Socks
Tennis balls
Jump Ropes
Hand Scoops
Tumbling mats
Climbing ropes
Paddle racquets
Hop scotch mats
8-inch foam balls
Velcro catching mitts
Foam hockey sets
Full size rocking horse
Bike with training wheels
Full size scooter (standing) and wagons
Junior size soccer ball, football, basketball, bats, batting tee



Let's Pretend

Pretend you are on a farm (or any other theme) and act out the things that happen:

drive a tractor . . .
plant the crops . . .
pump water . . .
feed the cows . . .
milk the cows . . .
be a horse . . .
rope a cow . . .
strut like a rooster . . .
stretch like a cat . . .
run like a dog . . .

Active Play Movements

Skate
Tumble
Dangle
Jump
Sneak
Swing
Charge
Strut
Leap
Skip
Catch
Strike
Tag
Chase
Prance
Throw
Scurry
Scatter
Tip - Toe
Surround



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Recommended Activities

Five Years

Targets

Make creative targets for aiming and throwing practice.

- Draw on or cut holes in cardboard boxes
- Line up plastic bottles and cans
- Roll a Hula-Hoop™
- Scatter paper plates
- Use shoe polish or chalk to form geometric shapes

Balloon Body Juggling

Toss a balloon into the air and call out the part of the body to be used to strike it (e.g., knee, foot, elbow).

The balloon can also be batted, kicked, or bounced between the players.

Balloon juggle with your body
Can you hit it with your knee?
Bounce it twice on your elbow
Kick it up if it goes low.



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