

Make paper aeroplanes and have fun flying them around the house

Obstacle courses

Make up obstacle courses where your child has to crawl through tunnels, climb over and under things



Swimming

Throwing beanbags into a bucket

You can use teddies or balls

Sitting on a gym ball

If you have a gym ball sit on the ball and move the ball forwards, backwards or side to side

Walking on the tightrope

Pretend to be in the circus and place a long piece of string which your child has to walk along - you can make it harder by asking them to balance a teddy on their head at the same time

Learn to ride a bike



Walking like animals

A bear - on hands and feet

A bunny hop - hopping on hands and feet

A bird - running moving arms up and down

Galloping horses - gallop forwards

Make up a game with different stations

1. Walking on your knees
2. Superman - lying on the floor with arms straight and up and legs up like you are flying through the air
3. Lying on your back and curling up into a ball
4. Bridging - lying on your back with knees bent lifting bottom - have cars driving under

Other Activities to Try...

Twirling hula hoops, try skipping, watch children's dance videos and dance along, put on some music and make up a routine, bouncing on trampettes.

Create a family fitness

routine together; let each family member pick one move (e.g.

Skipping, jumping jacks, and lunges) and put them together into a sequence!



For more information on any of the information in this leaflet please consult your health visitor, GP or a children's physiotherapist.

Promoting Early Exercise

Information for Parents and Carers

Why is exercise important?

- ☆ Establishes Healthy Habits
- ☆ Improves balance, coordination and core stability
- ☆ Promotes healthy joints and builds muscle strength
- ☆ Allows an outlet for children's natural energies which can help control behaviour
- ☆ Physical activity is an important component of early brain development and learning and can improve academic performance
- ☆ Prevents Obesity
- ☆ Provides opportunities for socialisation
- ☆ Promotes regular sleeping habits
- ☆ Allows development of fine motor skills
- ☆ Allows an early means of communication
- ☆ Develops imagination

How often should children be exercising?

- **0-2 years** it is recommended that children should not be inactive for more than one hour unless sleeping
- **2-4 years** it is recommended minimum daily activity of one and half hours. 30 minutes adult led and 1 hour or more of freeplay
- **4-6 years** it is recommended daily activity of 2 hours. 1 hour planned physical

activity led by an adult and one hour or more of freeplay

Taken from the NICE guidelines January 2009 and NASPE (National Association for Sport and Physical Education)

The recommended amounts are daily but do not have to be carried out at the same time and can be broken down into 10-15 minutes throughout the day

Activity Suggestions:

Here are a few adult led activity ideas. Remember children learn by example and therefore exercising with your child encourages their motivation to exercise, participation in activities and likelihood to remain active later in life.



Hide and Seek

Send your children to hide around the house, after one minute the 'seeker' finds the 'hiders'

Musical Bumps

Choose your favourite song, children jog around the room, when the music stops the last person to sit down is out

Balloon Games

Blow up a balloon and encourage the children to keep it off the ground for as long as possible using any part of their body. Other variations include lying on the floor and trying to keep the balloon in the air or jumping around with the balloon between their knees



Shark Infested Waters

Cut out cardboard stepping stones; lay them in a random path across the room. Pretend the carpet is an ocean full of sharks - your child has to cross to the other side without falling in. You can also try this when walking outdoors only stepping on the lines on the pavement

Follow the Leader

The 'leader' makes up moves and dances that their 'followers' must copy



Throwing and Catching balls

Try to make it more difficult by throwing the ball out of their reach

Paper Aeroplanes