

Physical Activities at Home

Ages 3-7

1. The Animal Kingdom

Ask your child to hop like a frog or walk like a penguin. Start to make patterns (can you do a frog frog penguin frog frog pattern?).

2. Over and Under

For this activity, you need to lie on the ground. Elevate your hips so that you form a bridge with your body. Ask your child to crawl from under the bridge. Get in the plank position then and ask your child to jump over. Not only is this a fun activity for your child, but you can consider this to be a small workout for yourself.

3. Keep the Balloon Up

This activity can prove to be a lot of fun for your child but you must make sure that your child tries this activity in an open space or in a room where there are no harmful toys or glass objects. For this activity, blow some balloons and then ask your child to keep the balloons floating up in the air and they should not touch the ground. If you want to make it more fun, you can turn it into a competition.

4. Freeze Dance

If your kid loves dancing to music, he will going to enjoy this activity for sure. Play some music, your child's favourite music and let your child dance his heart out. Pause the music every once in a while, and your child to freeze when the music stops. He should freeze in whatever position he happens to be in.

5. Balance Beam

For this activity, all you will need is masking tape. Roll out the tape on the floor such that you form a line, then ask your child to walk only on that line. You can even stick the tape in a zigzag to make it more fun for your child. This activity will help improve the balance of your child.

6. Follow the Leader

For this activity, you will have to be the leader and ask your child to follow what you do. Walk in and around the house and while walking, do activities like jumping, jogging, squatting and stomping and ask your child to repeat after you. Switch leaders.

7. Proposition Obstacle Course

Set up the room to form a makeshift obstacle course. Then ask your child to follow instructions that you give him. Your instructions should be like "Crawl *under* the table." "Climb *over* the chair." etc., in order to pass the course

8. Treasure Hunt

You will need a small treasure box decorated by the children and collect some inexpensive treasures like a few beaded necklaces and small rings, play money and perhaps some candy. Hide the treasure box somewhere in the yard then make some instructions or clues to help the children find the treasure. The clues or instructions should also be spread about and simple enough for the kids to understand like "Go to the place where the flowers grow" or "Take ten steps to the right from the benches." Kids will definitely enjoy the activity 'Treasure Hunt' and even thank you for introducing this activity to you.

9. Outside Animals

Ask the children to stand in a line in the garden facing the direction they will be running in. Draw a line at some distance – it will be the finish line. The kids will need to go to the finish line the same way a particular animal would. If you call out "Penguin!" then they will have to race by walking like penguins to the finish line.

10. Blind Trust

This activity will help your child learn to pay attention to and follow instructions. Set up a simple obstacle course like a few hula hoops, cones, skipping ropes and a few small boxes. Give student a ball, blindfold student then guide them around the obstacle course with verbal directions.

11. Handstands

A great way to harness your child's energy into one thing. Handstands can be tricky, but fun to do. Place a pillow in a corner against the wall and help your child learn to do a handstand. Always supervise this one!

12. Musical Chairs

This game is a lot of fun and is loved by all. Set up a bunch of chairs and ask kids to run around them while the music is being played. When the music stops, the kids should sit down on the chair near them. Whoever is left without a chair will be out of the game. This means you will need to have one chair less than the number of kids playing, so be ready to shuffle those chairs about.

13. Bowling

Fill up some water bottles to be the bowling pins and use any ball that you have at home. Place the bottles in one line near a wall of your drawing room and ask your child to bowl.

14. Target

Place various types of bowls or containers about the room. Depending on your materials, have student practice throwing an item into the targets. Switch out the materials/distances (throw a coin, cotton ball, bean bag, small object)

15. Lava Floor

Spread out blankets/pillows on the floor. Have child jump from each pillow to avoid the lava (ground).

16. Chalk Obstacle Course

Draw an obstacle course with chalk. Include different shapes that represent different movements for example: circle means spin 3 times, x means 5 jumping jacks, zig zag line means hop back and forth across the line, rectangle means roar and stomp, etc.

17. GoNoodle

Make a free Gonoodle account at gonoodle.com. It will provide HOURS of entertainment and movement.

18. Pillow Fight

No explanation needed.

19. Ice skating

Have your child try to “ice skate” across the floor on different materials such as paper plates, pillow cases, books, etc.

20. Popcorn Pushups

Put a small bowl of popcorn on the floor. Lower yourself down and stick out your tongue to eat a piece of popcorn. Great way to burn calories while consuming them!

21. Yoga!

Youtube has so many videos for kids yoga!

22. Flash Light Scavenger Hunt

Turn off the lights and hide specific objects around the room. Student uses a flashlight to find the object.

23. Spider Web

With masking tape, create an obstacle course from wall to wall in a hallway. This will keep your child SO busy.

24. Snowball Fight

Make a boarder to separate two sides of the room. Write letters, sight words, numbers, anything your child is practicing on papers. Have student crumple them up. Start a timer (on your phone) or a song. Begin to throw the “snowballs” at each other. When the timer goes off, or you pause a song, your child has to open and read all the snowballs that are on their side. Play again and again and again!

25. Balance Beam

Have a stack of old books? Make a balance beam!

26. Tunnel Roll

Tape papers to the floor to create tunnels. Have student roll a small ball through the tunnels.

27. Blindfolded Recipe

Prepare a simple or even fake meal by blindfolding your student and giving them directions. For example you could have a measuring cup full of water, a bowl of flour, another bowl of cereal. As your child is blindfolded, say “crush the cereal with your hands”, “now scoop the flour into the cereal with your spoon”, “now pour the water and mix together”. Your student will be so proud!

28. From the Couch Scavenger Hunt

When you’re ready to settle down but your child is not, ask them to find you something and bring it back to you as you are on the couch. The more specific, the longer they will keep busy for. Example: can you find me something that is red, and round? Can you find me something that has 4 triangles on it?

29. Scoop and Transfer

Set out lots of bowls with various scoops, fill bowls with dried rice/water/dried beans (or even wet ones). Students will stay busy sorting and playing!

30. Shaving Cream

Tape a designated area or use a large bucket or container. Use a can of shaving cream. Students will use their bare feet to squish, spread, and make a wonderful mess in your designated area. So fun!