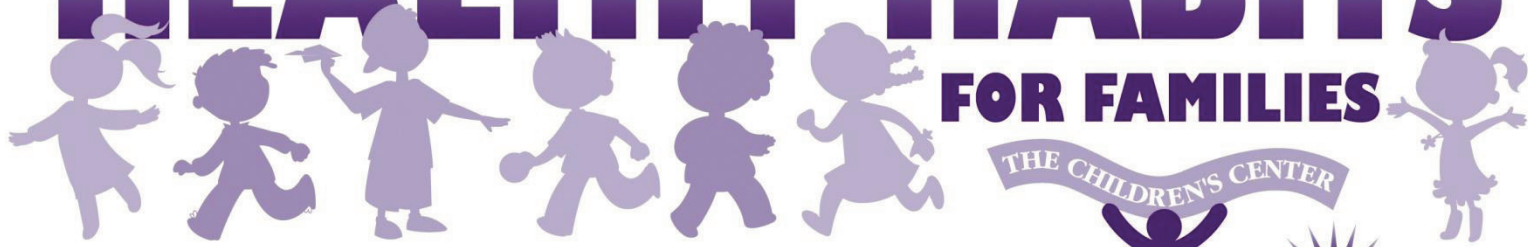


HEALTHY HABITS



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Parent Tip Sheet #17

Age Appropriate Exercise

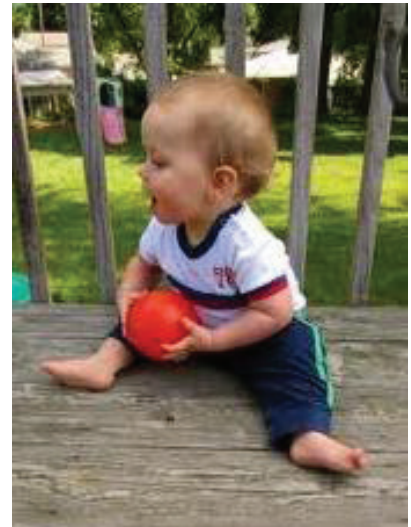


Children are natural movers. CATCH: Early Childhood is designed to teach children to have fun while exercising and developing locomotor, non-locomotor, rhythmic, gross motor, and manipulative skills. Competition, in fact, is considered developmentally inappropriate for preschoolers, as they have not yet achieved the cognitive, social, and emotional development necessary to understand or handle competition. Therefore, CATCH: Early Childhood activities are non-threatening, encourage participation, and are, most importantly FUN!

Roll It!

By age 2 your child is learning to crawl, stand, balance, walk and climb! Use this exercise to strengthen your child's arm muscle strength and hand-eye coordination.

- ✓ Have your child "mingle mingle" to pick up a soft, foam ball.
- ✓ Sit facing each other with legs straddled and toes touching.
- ✓ Gently roll the ball to your child and have them "catch touching" it.
- ✓ Then have them lean forward and roll it back to you.
- ✓ Liven it up by making sounds as you roll the ball back and forth.



Statues

By age 3–4 your child skips on one foot, jumps, is learning how to put on clothes, and playing on their own. Use this activity to improve skills like moving to a beat and listening to cues with stopping and starting music. It is also an excuse to be silly and dance!

- ✓ Use a fun, upbeat song and dance around with your child
- ✓ Have your child freeze like a statue when the music is paused
- ✓ After a few pauses, incorporate new positions to freeze in. (In high or low levels; crooked or round shapes; etc.)



Jump Rope

By age 5 your child is becoming more independent and active.



Jumping rope is a great activity for children; it increases blood flow, improves muscular tone and coordination, and improves cardiovascular system and bone mass while burning calories.

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