

JANUARY 2006 FUN FITNESS Activity PLANNER



SUN	MON	TUE	WED	THU	FRI	SAT
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1 Family walk Outdoor free play	2 Parachute/ blanket game	3 Make up your own dance	4 Stretching & moving exercises	5 Animal Relay Race	6 Indoor Basketball	7 Family walk Trip to park
8 Obstacle Course Outdoor free play	9 Broad jump	10 Pillow Fight	11 Ball toss	12 Stretching & moving exercises	13 Zoo Loo	14 Family walk Ball Toss
15 Family bike ride Fun with Bubbles	16 Marching Band	17 Hot Potato	18 Stretching & moving exercises	19 Freeze tag	20 Blanket Forts	21 Family walk Trip to park
22 Family walk Outdoor hopping & skipping games	23 Ball Toss	24 Flying Feather	25 Indoor Basketball	26 Stretching & moving exercises	27 Ice skating at Bakersfield Ice Sports Center 852.7400	28 Family bike ride Big ball bounce
29 Family walk Outdoor free play	30 Ribbon Dance	31 Stretching & moving exercises				

Want more activity ideas? Visit
www.everydaylearning.net

Use this "sample activity plan" as a guide for planning activities you can do with your preschooler. Adapt it to suit your schedule and activity preferences. Enjoy a family activity on weekday evenings. Try to plan for both unstructured and structured on your weekends and holidays.

Remember:

-Preschoolers should accumulate at least 60 minutes a day of "structured*" and unstructured** physical activity. The structured play/exercise could be conducted in shorter increments throughout the day.

-Preschoolers should not be sedentary for more than 60 minutes at a time (except when sleeping). They should also develop competence in movement skills that are building blocks for more complex movement tasks (i.e. roll, kick, throw, catch).

-Make activity part of your daily routine.

-Enjoy being active with your preschooler daily.

-Eating well and keeping active go hand-in-hand.

Adapted from Dietitians of Canada.
www.dietitians.ca/healthystart

*Structured Activities: Activities you direct or do with your preschooler to keep them moving. Also include activities that you might take your preschooler to like dance class or soccer.

**Unstructured Activities: Supervised free time for children to play actively on their own or with other children (e.g., outside on play structures, building forts, running and jumping)

FUN FAMILY FITNESS PLANNER Activities

Animal Relay Race

Children travel across the room and back while they act like an animal. You can play it as a guessing game (which animal am I?) or one person can call out different animals for the others to imitate. Kids are great at thinking up different animals (hop like a kangaroo, leap like a frog, slither like a snake, swim like a fish, etc).

Obstacle Course

Make an obstacle course using a 2x4 (balance beam), a cardboard box (tunnel), a painter's drop cloth and hula hoops (for jumping). This was a free choice activity that we encouraged children to complete the obstacle course any way that they wanted to. Some children simply worked their way throughout, while others were very creative in completion. The area that allowed for the most creative movement was the painter's drop cloth which was placed so the kids had to get across it before moving on to the next activity. Children rolled, jumped, leap frogged, walked, cartwheeled and crawled across.

Broad Jump

Although skills vary widely, children like to see how far they can jump by marking with masking tape. You may want to mark varying widths to represent a river. For additional safety, children can jump over mats.

Zoo Loo

Have the children move their bodies to imitate animals' movements. Music or use percussion instruments to encourage the children to:

- ⇒ slither along the ground like a snake;
- ⇒ stomp along like a big black bear;
- ⇒ hop like a kangaroo that never stops;
- ⇒ crawl along like a slow old turtle carrying his heavy house on his back;
- ⇒ fly like a bird so high in the sky;
- ⇒ climb like a monkey up in a tree;
- ⇒ gallop like a horse crossing in a field.

Ball Toss

Hang hula hoops at different heights. Give the children footballs and balls to practice throwing

Fun with Bubbles

Kids love to make and chase bubbles. There are so many things you can do with bubbles, such as using bubble blowers or bubble wands. Bubbles are inexpensive and always a fun outside summer activity. Put your bubble mixture in a dish bin or a small blow-up wading pool. Bubble wands can be created by cutting shapes out of paper plates or using a strawberry basket. Make giant bubbles by creating a wand out of two straws and some yarn. Thread the yarn through the two straws and tie the ends together. Using the straws as handles, dip the straws and string into the bubble mixture. Carefully lift it out the bubble mixture and the large bubble will form. Make your own bubbles by combining one quart of water with eight tablespoons of dishwashing liquid and 8 tablespoons of glycerin (from a drug store). Shake mixture together and enjoy!

Indoor Basketball

You'll need a wastebasket, paper and masking tape (optional). Tape lines on the floor to mark distances from the waste basket. Your child can "scrunch" up the paper for balls while you do this. It's now time to start shooting "hoops." Begin at the easiest tape line and work up. In our house this activity has been used as a fun math skill game. Make a graph of successful baskets from each line -and how many all together?

Marching Band

Here're some ideas for homemade instruments that the children can use to make a parade and practice rhythms. Check your cabinets. Lots of "instruments" don't require any work at all. Things like drums can be made out of empty oatmeal containers, upside-down buckets, etc. Aluminum pie tins make great cymbals and an empty paper toll roll makes a great horn. Make shakers from toilet paper rolls. Pinch one end of the roll shut. Staple. Fill the toilet paper rolls with small, noisy items like small pebbles, beads, dried macaroni, etc. Pinch the other end shut and staple. Cover ends with masking tape. Decorate with stickers or markers, if desired. Cover two empty boxes of soap with sandpaper. The sandpaper makes a wonderful noise when you rub the two boxes together.

Building Forts

Hang old sheets against the wall and place chairs together underneath to make a new play space. Children can pretend this new area is a tent, a clubhouse, even an airplane or ship. Children can pretend to be explorers or airplane pilots, take tickets and serve snacks, and other can be passengers. On a signal from the pilot, the passengers can bump and lurch through a storm.

Flying Feather

Divide children into groups of three and four. Give each group a feather. Encourage children to puff and blow to keep the feather in the air. For older children, set a timer for 2-3 minutes. Keep track of how many times the feather touches a child or hits the floor. When the time sounds, the group with the lowest number of points wins. Divide the children into different groups, and continue playing.

Ribbon Dance

Give children a scarf or a long, trailing piece of crepe paper. Play music and dance with your ribbon.

Stretching & Moving Exercises

- ***Lazy-Day Rest***

To relax the body.

Position: Lie on your backs on the floor, legs slightly apart, and arms limply at your sides.

Action: Take a deep breath, hold, relax. Pull your toes towards and then away from your bodies, hold, relax. Pull your tummies in, hold, relax. Pull seats together, hold, relax. Make a tight fist with your hands, hold, relax. With your hands at sides, shrug your shoulders, hold, relax. Smile while turning your head from side to side. Frown and repeat action.

- ***Small Ball***

To relax the body and stretch muscles.

Position: Kneel on the floor with your legs together.

Action: Rest your seat on your legs, lower your head to the floor, and tuck your hands to your side on floor, pointing backward. Take two or three deep breaths and blow it out. Relax.

- ***Wash the Dishes***

To stretch the shoulder muscles.

Position: Stand facing your child, holding her hands.

Action: "Wash the dishes, dry the dishes, turn the dishes over." Swing your arms side to side while singing the rhyme. On the word "over", swing your arms up overhead and turn your child around in a full circle so your arms are crossed. Repeat arm swings and rhyme and on word "over," return your child to original position (arms uncrossed). Repeat several times.

- ***Angel-in-the-Snow***

To stretch the muscles of the arms and legs.

Position: Lie on your backs.

Action: Pretend to be in the snow and move your arms and legs "in" and "out" several times like an angel.