

Activity ideas for under 5's

Toddlers (aged 1 to 2)

Toddlers should be physically active every day for at least 180 minutes (3 hours). The more the better. This should be spread throughout the day, including playing outdoors.

The 180 minutes can include light activity such as standing up, moving around, rolling and playing, as well as more energetic activity like skipping, hopping, running and jumping.

Active play such as ball games are best for this age group to get moving.

Pre-schoolers (aged 3 to 4)

Pre-schoolers should spend at least 180 minutes (3 hours) a day doing a variety of physical activities spread throughout the day, including active and outdoor play. The more the better.

The 180 minutes should include at least 60 minutes of moderate-to-vigorous intensity physical activity.

Physical activity ideas for children under 5 movement counts. The more the better.

- Tummy time
- Playing with blocks and other objects
- Messy play
- Walking
- Dancing
- Active play, like hide and seek
- Throwing and catching
- Soft play at home with pillows and cushions
- Obstacle courses in the garden or house

Below are a few more strengthening activities you can practice at home:

Picture	Instructions
 <p>© AboutKidsHealth.ca</p>	<p><u>Walking around on tiptoes</u> Start thinking about your posture whilst walking around. You want to be tall with your tummy engaged. Practice walking around the room on your tiptoes, balancing a book or a beanbag on your head if you have one</p>
	<p><u>Scissors</u> This exercise is aimed at getting your tummy working. Bring your legs into the air – 90degrees at hips and knees like in the picture. Then slowly lower one leg down at a time, pretending you are dipping your toes into cold water.</p>

 <p>Bridge Pose</p>	<p><u>Bridge</u> Lying on your back with your knees bent. Squeeze your bottom together and slowly start lifting it off of the floor. Think about tearing Velcro apart, one vertebra lifts at a time</p>
	<p><u>Superman</u> Come into 4 point kneeling, on your hands and knees. Make sure you have a straight back by placing something on your back. Slowly lift one leg and then the opposite arm up off the floor. Keep it up for three counts before lowering it. Make sure your hips don't twist and your back doesn't arch.</p>
	<p><u>Crab</u> Sitting with your knees bent and your hands behind you. Lift your bottom up off the floor and practice walking back and forth along the room.</p>
	<p><u>Aeroplane</u> Lying on your stomach pretend to be an aeroplane. Slowly lift your head off the floor, then your arms and shoulders and finally your feet and knees off the floor. Remain in this position for several counts practicing flying to the right and left.</p>

Here are some additional resources that will help to make physical activity at home more entertaining:

<https://www.cosmickids.com/> - yoga for children told through a story

<https://www.youtube.com/watch?v=26guG6wr5so> – animal workout