



## Physical Activities for Toddlers

There are a lot of physical literacy activities you can try with your toddler. They are not only fun but also promote an active lifestyle. Please take a look at some of these activities you can do at home with little or no equipment required.

### **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 work out for yourself too!

### **Jumping Jacks**

Jumping Jacks is a great exercise for adults and children. Encourage your child to do at least 10-15 jumping jacks – he will have fun plus he will get some exercise.

### **“Row, row, row your boat”**

Sit facing each other and hold hands. Rock back and forth and sing the song "Row, row, row your boat."

### **Freeze Dance**

If your child loves dancing to music, he is going to enjoy this activity for sure. Play your child's favourite music and let your child dance. 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 at the moment.

### **Have your child pretend to be an animal**

Walk like a penguin, hop like a frog, or imitate other animals' movements.

### **Why is it important to engage your child in a variety of physical literacy exercises?**

Children that are active at a young age tend to stay active throughout their lives. It keeps their bodies strong and healthy, improves sleep and energy levels. It also decreases the risk of obesity, heart disease and diabetes later in life.

For more ideas please go to: <https://parenting.firstcry.com/articles/30-indoor-and-outdoor-physical-activities-for-kids/>