



Exercises

Ages 2 to 3 years

Objective: The child shows response to physical activity when shown certain positions.

Materials needed:

Fun music

Exercise Cards (printable)

Procedures

1. Turn on the music and let your child move freely to the sounds they hear. Dance and move along with them.
2. Watch their responses to fast music, slow music, loud and soft music. See if they take to one or the other more so.
3. Now show them the exercise cards. Ask them to follow along and mimic the pictures on the cards. Repeat until all cards are gone.
4. If they do not mimic, you give them verbal directions of exercise positions to do with you. Stand up, touch your toes, jump up and



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down. Touch your head, shoulders, knees, and toes. Run fast. March-two- three-four!

5. You can do these same exercises with them to help teach and learn.

Milestones to meet:

The child can move to visual cues and uses gross-motor skills to influence development.

Evaluation:

Did this lesson work for your child? Why or why not?