



Exercises

Ages 3 years—4 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.
2. Have them dance to fast music, slow music, loud and soft music. Dance along with them.
3. Now show them the exercise cards. See if they respond by mimicking 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! Crawl and skip!

5. Let them run outside if it is a nice day. Have them "tag" the fence back and forth 3 or 4 times. Now hop like a bunny back and forth 1 time. Now walk backwards back and forth 1 time.

6. This is a great way to burn off some of that energy before lunch time =)

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?