



Exercises

Ages 4 years—5 years

Objective: The child follows directions 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.
4. Repeat until all cards are done. You may choose to re-show your child the exercise cards more than once, for more learning and physical activity time.



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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?