



# Summer Exercises

## 1 year to 2 years

**Objective:** The child builds physical development through movement and exercise when following visual and verbal directions.

**Materials needed:**

Optional: Music

**Procedures:**

1. If preferred, turn on some fun, yet calm music to listen to in background while doing.
2. In an open area where you and your child have room to move around freely, begin doing these exercises. You will have to either show and do and see if your child tries to mimic you, or help their body to do the exercise after you. It is not expected for a young child to be able to do on own without help and guidance first.

**Small-motor exercises:**

1. Sit down.
2. Stand up.
3. Touch your toes.
4. Nod your head.
4. Put hands in air.
5. Clap 5 times.
6. Wiggle your fingers.
7. Wave your hands.



# Summer Exercises

## 1 year to 2 years

### Large-motor exercises:

1. Jump 2 times.
2. Run in place.
3. Turn around 2 times.
4. Lay down on back, roll over to tummy. Vice-Versa
5. Grab a ball. Roll or push it. Throw it and kick it.

Repeat exercises more than once; or re-visit this lesson throughout the month for More Fit, More Fun!

### Milestones to meet:

The child begins to build physical development through exercise and movement. The child shows reaction and willingness to mimic the actions of an adult that they see?

### Evaluation:

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