



Summer Exercises

2 years to 3 years

Objective: The child uses 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 follow along with you. It is not expected for a young child to be able to do on own without being shown first.

Small-motor exercises:

1. Sit down, stand up.
2. Put arms in air.
3. Touch your toes.
4. Nod your head.
5. Rub your belly.
4. Stand on one foot.
5. Clap 5 times.
6. Wiggle your fingers.
7. Shake your leg.
8. Wave your hands.



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Large-motor exercises:

1. Jump 3 times.
2. Run in place.
3. Turn around 3 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.
6. Stomp your feet.
7. Do 2 jumping jacks.

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

Milestones to meet:

The child can build physical development through exercise and movement. The child can repeat and do the actions of an adult that they see.

Evaluation:

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