

FITNESS FUN!



ACTIVITIES FOR 2-6 YEAR OLDS

HAVE FUN WITH THESE EASY TO DO STARTER GAMES. FOR MORE IDEAS, CHECK OUT OUR VIDEOS ON OUR WEBSITE AT WWW.LETSPLAYTODAY.ORG

OBSTACLE COURSE

- **Equipment:** Tunnel, stars, poly spot feet, flat hoops, bean bags, tape for the floor
- **Time:** 7-10 min.
- **Age:** 2-6
- **Set Up:**
 - Arrange obstacle course equipment. Example: tunnel, stars hoops, tape on floor.
 - Have one child follow you through the course to demonstrate the right way of doing it. Crawl through tunnel, walk along or leap to each star, jump into each hula-hoops, zigzag along the tape.
- **Directions:** Start the obstacle course in one direction. After several minutes ask them to freeze and go in the opposite direction through the course. Repeat changing directions several times. Variations: Have each child carry a bean bag with them. Once they crawl through the tunnel, ask them to balance the bean bag on their arm, or head, or elbow as they navigate along the stars and hoops and tape.

SCARVES – FLY BIRDS

- **Equipment:** Scarves (one per child), fun music, or freeze song
- **Time:** 6-10 min.
- **Age:** 2-6
- **Set Up:**
 - Scarves are lightweight and fall slowly to the floor. These are perfect for practicing catching. Try pretending the scarves are magic birds. Example: "Today we are going to play with magic birds. Who can name a bird? Yes, an eagle, blue bird, cardinals, seagull - very good. When I pass out the magic birds you can pretend they are any bird you want them to be. Please say THANK YOU when I give you one; and hold them very gently."
- **Directions:** Once each child has a scarf explain, "we are going to try to get our birds to fly." Start waiving the scarves with two hands and do the following:
 - Toss your bird in the air and catch it. Say, "fly bird fly and try not to let it touch the ground."
 - Toss the bird up and catch it with one hand. The other hand
 - Toss the bird up and catch it on your head.
 - Toss the bird up and catch it on your arm and then the other arm.
 - Toss the bird up and catch it on your back.
 - Toss the bird up and catch it with your leg and then other leg.
 - Toss the bird up and catch it with your foot and then the other foot.
- Variations: Try partner toss. " Say 1,2,3, toss" - This will help so they both toss at the same time!

BEAN BAG TOSS INTO FLAT HOOPS (Making Pancakes)

- **Equipment:** Stereo, music, 6 flat hoops, bean bags, and poly spots – stars and feet (one for each child)
- **Time:** 6-10 min.
- **Age:** 2 - 7

- **Set Up:**
 - Place poly spots in a line near the front of room.
 - Spread out flat hoops roughly two feet from the poly spots for the children to throw into.
- **Directions:** Once each child is on a poly spot, give them each a bean bag. Practice saying 1,2,3 toss. Then have the children retrieve the bean bag and try the process again. After several tries, move the hoops further away. If beanbag doesn't land in the hoop encourage them to say, "That's ok, I'll try again." Then try tossing it in from where it landed. Repeat several times and continue to move the hoop further back. Now, place the beanbag on your back and crawl over and drop it in the hoop. Then pick it up and go back to your spot. Now, try balancing it on your shoulder and then drop it in. Explore other places too!
- **Variations:** Pretend the beanbags are pancakes and the flat hoops are the pans to cook them in! Or, create your own theme!

PARACHUTE ACTIVITIES

- **Equipment:** Parachute
- **Time:** 10 min.
- **Age:** 2-6

- **Set Up:**
 - Start with children off the parachute
 - Ask them to put on their pretend bathing suits because the parachute is going to turn into a pretend ocean to swim in. Ask them to put on goggles, and a mask, flippers, etc.
 - Explain they must stay seated for the teachers to get the parachute out.
- **Directions:** "When we go on the parachute we are not allowed to stand; we must crawl out like sea turtles. Can everyone pretend they are a sea turtle and crawl into the middle on our ocean? Next, tell them there is a big storm coming and they should look up into the sky to see the dark clouds." Now make big waves with the parachute by lifting it up and down and ask them to swim in the waves. Next, ask all of them to crawl out and help make big waves. Ask just the boys to crawl in and let them pop the bubbles, then switch places with the girls. Repeat several times.

FLY YOUR KITES / RIBBON WANDS

- **Equipment:** Ribbon wand – one per child
- **Time:** 10 min.
- **Age:** 2-6

- **Set Up:** Demonstrate how to hold the wand and how to avoid hitting friends. Explain that it is really important to swing your wand away from your friends.
- **Directions:** Demonstrate the various ways of moving with the wand. Start by running around the room and pretend to fly a kite with it up really high. Have all children hold on to a wand and practice running around together.
 - Next move it up and down in big motions as you run around the room going in one direction. Switch hands!
 - Then freeze and have them spread out. Show them how to make different shapes – big circles – one direction and then the other, make a square, a triangle.
 - Ask them to think of different thing their wand could be. Act those out!