

## **Month 2: Walking & Running Preschooler Activities**

### **Walking**

- Imitating Animals
  - Have children walk around, you call out an animal and the children play that animal; they walk on their tiptoes, heels, quietly, loudly, etc.
- Music
  - Children move around the room or yard and change their speed (walk to run) to follow the music playing
  - Have children step to the beat of a drum and change the rate of the beating so the children change the rate of their stepping.
- Hill Climbs
  - Expose the children to walking up inclines and hills
- Balance Beam
  - start with the balance beam on the floor and raise it up as the child becomes more comfortable
  - Walk forward with hands stretched to sides for balance
  - Walk sideways with hands stretched to sides for balance
  - Walk forward to the middle of the board, turn and walk forward back to where they started
  - Walk forward bend to place (or pick up) a bean bag on the board, stand and continue walking to the end
  - Walk forward on the beam over small obstacles, i.e. bean bags
  - Walk on tip toes
  - Walk while balancing an object in hands or on head (i.e. bean bag)
- Cooperative Musical Carpet Squares
  - Each child takes a carpet square, finds a place on the floor and sits on a carpet square
  - Play music and the children walk around the squares
  - When the music stops each child sits on the closest carpet square
  - Each time the music stops, remove a carpet square, but keep all children in the game
  - At the end, all children are sharing one or two carpet squares, with at least some part of their body touching
  - You can play game with small chairs, pillows or hoops

- Count the Birds
  - When out and walking around have the children count how many birds they see during the walk.
- Colour or Shape Search
  - During a walk have the children look for one colour, such as red. Anything they see that is that colour, such as a car, stop sign, and a red jacket, counts. How many things did you see?
- Baby Steps
  - Place two plastic ice cream buckets on the sidewalk or in the yard.
  - Using baby steps – touching the heel of one foot to the toes of the other – kids walk between the buckets.
  - How many steps did it take?
- Around the Town
  - Using poster board or grocery store boxes, make location signs for your community: city hall, library, school, recreation centre, movie theatre, baseball field, and similar locations.
  - Number the signs and arrange them in a circle
  - Kids start at number one and walk around the town
  - How many steps did each child take?
  - Place “walk” and “don’t walk” signs around to help teach community safety
- Traffic Lights
  - For this game you’ll need three large pieces of paper or cardboard – one red, one green, and one yellow.
  - When you hold up the green paper, the children walk (or run)
  - When you hold up the yellow, the children walk in place (or slow to a walk)
  - At the sight of red, they stop and wait
  - Start with walking until they get the hang of it, then play it with any other locomotor skills they can perform.
- Ladder Travel
  - Place a ladder on the floor ( or make one with masking tape)
  - Have the child walk forward and backward between the rungs, then on the rungs
  - Have the child walk with one foot on each side of the ladder

## **Running**

- Fill the Cup Relay

- You need a plastic cup & sponge for each team, and a bucket full of water
  - Line each team up
  - The first person in line places the sponge in the bucket of water and carries it to the bucket to squeeze out the water into the cup
  - The first person goes back for the next to have a turn
  - The first team to fill the cup wins
  - Variations: You can walk forward, sideways or backwards. You can walk on your tip toes, on your heels. You can walk in baby steps (heels touching toes). You can gallop and skip.
- Squirrels –In- Trees
    - Place non-slip carpet squares or hoops scattered around the play area
    - Begin the game telling the children to stand on a carpet square
    - They imagine that the square's are "trees" and they are "squirrels"
    - When you give the signal, the squirrels must leave their trees and find a new one
    - It's o.k. to share a tree
    - Keep playing for as long as they are having fun
    - You can make the game more challenging by cutting the pieces of carpet into different shapes
    - Then you tell the squirrels to find a specific shape of tree
    - \*Remember it's o.k. to share a tree\*

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