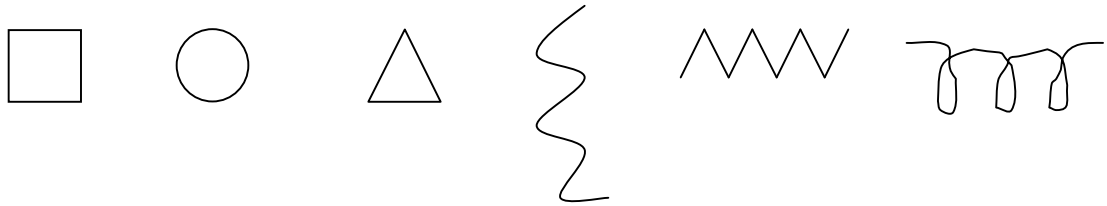




Month 2: Walking & Running Toddler Activities

- Pathways
 - Use chairs, cones, lines on the floor to walk along and progress to walking on the line.



- Stop and Go
 - Similar to Red Light/Green Light
 - Walk around the room or yard and say stop and go so the child is listening and responding to the word.
 - Later you can introduce crosswalk signs for the child to watch for and respond to, to help them learn community safety
 - Use can play this with walking or running.
- Incline Walk
 - Provide the child with opportunities to walk up and down an incline. For example, hills, slanted boards, wheelchair ramps, etc.
 - Action song suggestion: The Ants go Marching
- Chasing Bubbles
 - Invite the child to run to catch the bubbles you blow.
- Follow the Leader
 - Just lead the way around the room or yard, performing as many different locomotor skills as you know your child can replicate.
 - Don't forget to vary your movements, changing direction, level, pathway, etc.

- Backward Bounce
 - Place two plastic buckets on the sidewalk or in the yard. One bucket is the starting “line” and the other bucket is the finish “line”. Kids walk backwards from start to finish.
 - How many steps did they make?

- Longest Stride
 - Place two plastic buckets on the sidewalk or in the yard. Using their longest stride, kids walk from the first bucket to the second.

- Animal Walks
 - Have children imitate animals, walking on toes, walking on heels, sideways walking, etc.

- Mouse and Elephant
 - When you call out “mouse” the children have to walk very soft and quiet
 - When you call out “elephant” the children have to walk heavy and loud

References:

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2nd ed.). Physical activities for twos, threes and fours. Ottawa (ON): Canadian Child Care Federation and the Canadian Institute of Child Health.

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