

Eat Healthy Be Active

Keeping Children
Healthy at Home
and School

www.eathealthybeactive.net



BE PHYSICALLY ACTIVE

Keep your family fit by encouraging them to be physically active

Physical Activity Teaches New Skills

Children are constantly learning new skills as they grow. For young children, a major way of learning is through active play. Young children should engage in 60 minutes of structured physical activity and 60 minutes of unstructured active play every day. Physical activity helps children develop physical and social skills.

Physical Skills

As children grow, movements become more coordinated and purposeful. Preschoolers can gain skills such as hopping, balancing on one foot, riding a tricycle, catching a ball, doing a

somersault, and skipping. You can help your child develop these skills by creating relay races or kicking a soccer ball.

Social Skills

Children also develop socially during active play. Children build skills such as sharing, taking turns, cooperating with others, and resolving conflict. You can help your child build these skills by playing a game focused on having fun instead of winning and losing.

*The Nemours Foundation. (2012). KidsHealth: Raising a Fit Preschooler. Retrieved from http://kidshealth.org/parent/fit_preschooler.html

Use this activity to help your child learn

FAMILY FUN

Giant Board Game

What You Need:

- Sidewalk chalk
- Sidewalk or driveway
- Dice

What To Do:

- Use sidewalk chalk (or masking tape if you are inside) to create a game board with squares in a line
- On each game space, write or draw a challenge to be completed. For example:
 - Act like your favorite animal
 - Hop like a bunny
 - Jump in place
 - Leap frog
 - Throw a ball
- Play the game with your child by taking turns rolling the dice
- Encourage your child to help you count while moving the number of spaces shown on the dice
- Complete the challenge shown on the space



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