

Activities that Preschoolers Can Do

In general, younger children need less structured activities, played for shorter periods. Older children will enjoy working on the skills and rules of games. Keep in mind your child's different interests, talents and rate of development.

<p>Children age 2 to 3 are just beginning or are able to:</p> <ul style="list-style-type: none">• Walk forward and backward, run and jump, climb up and down stairs• Walk along a balance beam or board with or without help• Throw a ball or bean bag using two hands• Kick a large ball without losing balance, or runs after it and stops it with two hands before kicking again• Hit a suspended balloon or ball with a large bat• Crawl and climb up and through play structures and household furniture• Sit with balance on a swing, while being gently pushed from behind by an adult• Sit on and skillfully move a riding toy, pushing with two feet	<p>Activities suitable for children age 2 to 3 include:</p> <ul style="list-style-type: none">• Stop and go walking and running games; tag• Balance Beam (not more than 25 cm off ground)• Follow the leader obstacle course• Ball play; throw and retrieve, ball kicking• Hitting and batting• Ice skating with assistance• Water play and swimming• Rhythm, music and dance• Marching band, rhythmical activities, hopping and singing games
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<p>Children age 3 to 4 are just beginning or are able to:</p> <ul style="list-style-type: none"> • Walk forward and backward with varying speed and in different directions • Walk balanced on tip toes • Jump with increased skill over objects and in combination with walking or running • Catch a large ball • Kick a ball with more accuracy and retrieves it with two hands while the ball is in motion • Hit a ball off batting tee with large bat • Climb with coordination, balance and a firm grip on large play structure • Pedal and maneuver a tricycle, big wheels, or small two-wheeled bicycle with or without training wheels • Swim moving arms and kicking feet, while firmly supported under hips and chest by adult 	<p>Activities suitable for children age 3 to 4 include:</p> <ul style="list-style-type: none"> • Walking and running games; tag • Jumping over a line • Balance beam - not more than 50 cm or waist height off the ground (hold hand or stand beside child for safety) • Throwing and Catching • Hitting and Batting • Kicking to a partner and retrieving • Ice skating • Play structure or obstacle course with ladders, tunnels, ropes, balance board • Swimming, parents and tot swimming classes • Rhythm, music and dance • Blanket and parachute games
<p>Children age 4 to 5 are just beginning or are able to:</p> <ul style="list-style-type: none"> • Walk, run, and jump well • Climb big play structures to their own comfort level • Catch and throw large and small objects with improved accuracy • Develop hand-eye coordination • Develop spatial awareness – how the child judges movement in relations of objects and people • Develop the concept of teamwork but game skills are not developed • Respond readily to rhythm and music • Desire vigorous activity but this may lead to carelessness, especially with others • Tire easily but recovers quickly 	<p>Activities suitable for children age 4 to 5 include:</p> <ul style="list-style-type: none"> • Running and skipping • Gymnastics and martial arts • Ropes, bars and climbers • Games with different size objects of various sizes, shapes and textures such as balls, beanbags, scoops, and bats • Games with a minimum number of rules and instructions. • Small group games emphasizing cooperation rather than competition • Ice skating • Swimming • Cross country skiing • Rhythm movement including walking, marching, clapping and running. • Strenuous activities with rest and water breaks