

Exercise

Gross Motor

What to do:

- Parents will explain to child/children that they are going to exercise together to help keep their bodies strong and healthy.
- Parent and child/children will do jumping jacks, arm twirls, legs twirls and any other exercise while counting.
- Parents may choose to go on a walk with child/children and point out different objects or places in the community.



Why is this activity important? This activity is important because exercise helps promote healthy growth and development. Exercise also builds stronger bones and muscles. When children walk or play outside it is good for their heart. They are moving their bodies, they are incorporating motor skills, including balance. Children should do at least 60 minutes or more of physical activity.