



Moving and Growing

Building a Lifelong Habit of Physical Activity

Active play is part of the way children grow and learn. They tend to be active without thinking about it. Yet adults can no longer take this for granted. More and more children do not have enough physical activity to stay healthy. Children are lured into inactivity by such things as television and computers, and busy lives make it easier to ride than to walk.

The Canadian Child Care Federation and the Canadian Institute for Child Health have produced a series of booklets, entitled *Moving and Growing*, designed to help you and your child develop lifelong habits of physical activity. Each illustrated booklet outlines the benefits of physical activity, how to choose appropriate activities, and how to encourage physical activity and children's developmental skills by age group. The booklets are full of fun activities and games for you and your child to do together to support a healthy, active lifestyle.

Here are a few of the activities featured in the *Moving and Growing* series, available from CCCF:

Roly-Poly

Purpose: To relax your child.

Position: Place your child flat on his back on a covered foam rubber pad on the floor or a table.



Action: Gently move your child's whole body from side to side, then gently rock his hands, feet, head and bottom from side to side with your hands.

From *Moving and Growing: Physical Activities for the First Two Years*

Forward Roll

Position: In a squat position, place hands on carpet in front of feet but inside the knees. Ask her to round out her back and to tuck her chin so she won't feel her head touching the carpet at all. To help keep the head tucked tight, place a yarn or sock ball between her chin and her chest.



Action: Lift hips by straightening legs and giving a push with the feet, at the same time as pushing down on hands. She then rolls over the back of the head and rounded shoulders to come up into a sit or the squat position. Help the child roll over by gently lifting at the hips, letting her feel the upside-down rolling motion.

From *Moving and Growing: Physical Activities for Fives and Sixes*.

One-Legged Match

Children choose a partner close to their own size. One partner is on team A and one is on team B. Each pair has a number. Each team lines up against an opposite wall, facing each other. When the pair's number is called, they hop on one foot with arms folded across chest. When they meet, each player tries to get the other player to put her foot down by bumping into her without putting her own foot down. First to make their partner put down a foot wins a point for the team.



From *Moving and Growing: Physical Activities for Sevens and Eights*.

Body Climb

Purpose: To strengthen legs and arms.

Position: You and your child stand facing each other.

Action: Hold tightly onto your child's hands. Help him walk up the front part of your legs, then back down again. Bend your knees to protect your back muscles.



From *Moving and Growing: Physical Activities for Twos, Threes and Fours*.