

Activity Sheet

Adding Challenge to Physical Activity

Read the description for each physical activity you could do with children in your program. Then list at least one way you could add a modification so that it meets the abilities of all the children in the group, or add a progression so that it keeps the children interested and challenged.

Children put on bike helmets and ride bikes along a straight path you have drawn on the ground with chalk.

Children put hula hoops on the ground. You turn music on and the children walk around the hoops. Whenever the music stops, the children jump into the nearest hula hoop.

You and an infant lay on the carpet on your stomachs, face-to-face for tummy time. You shake a rattle where the infant can see it.

You put two laundry baskets on the floor on opposite sides of the room. Have the children take off their shoes and put one shoe in each of the baskets. Have children take turns going to each basket to find their two shoes and put them on.

Have children hold on to a handle of a parachute or corner/side of a bed sheet or large blanket. As a group, work together to raise your arms—lifting the parachute up, and lower your arms—bringing it back down.
