



Physical Activity for Preschoolers

Physical Activity Promotes: Healthy Weight, Lifelong Health, Good Sleep, Strength, Flexibility, Coordination, Cooperation, Sharing, Creativity, Confidence, Learning, and Stress Relief.

Light Activity – intensities faster than a slow walk; increases heart rate and breathing rate, but still allows children to talk easily

Throwing Ball or Frisbee
 Playing on Playground
 Swinging
 Hop-Scotch
 Stretching

Dance or Tip Toe to Music
 Follow the Leader
 Simon Says
 Ring around the Rosy

Vigorous Activity –intensities that has children “breathless” or breathing deeper and faster than during typical activities

Running
 Skipping
 Jumping
 Jump Rope
 Hula Hoop
 Climbing on Playground

Tumbling
 Kickball
 Skating
 Bicycling
 Sports

