Time Marches On!

Muscles become stronger and more coordinated as children get older. Which of these activities would you expect to do with the youngest child? Write 1 next to this one. Which one is the most difficult? This is the one you’d do with the oldest child. Write 12 next to it. Put all the others in order of difficulty by writing numbers 2 to 11 next to them.

_____ Push the doll’s carriage across the room.

_____ Go for a walk. Walk backwards, sideways, quickly, slowly.

_____ Throw a large ball and let child try to catch it and throw it back to you.

_____ Put water in a large bin. Add spoons and bowls. Let the child fill and empty the containers.

_____ Play Dodge Ball.

_____ Sing and do the actions to Head and Shoulders.

_____ Throw a small ball and let the child try to hit it with a plastic bat.

_____ Sit on the floor and roll a ball to the child. Have him roll it back to you.

_____ Hold on to the child’s hands and let her bounce up and down.

_____ Do handstands against a wall.

_____ Put out three blocks. Let child stack the blocks one on top of the other.

_____ Make an obstacle course (go under a chair, over a pillow, round a box, etc.)