



Help me move and play When I am 3-4 years old



Your child should be:

- able to jump
- able to run around objects without bumping into them
- able to change speed and direction when running
- able to walk up and downstairs independently
- able to use three fingers to hold crayons, chalks and paint brushes and begin to use them with more control
- starting to stand on one foot when shown
- starting to bend knees when jumping from low obstacle
- starting to catch a large ball
- starting to use both hands together, e.g. using a spoon and fork or knife and fork

Physical Activity guidelines

Your child should be active from morning to night time.

Children who can walk unsupported should be active for at least 180 minutes every day.

You can help your child to stay active by limiting the time they spend sitting down or not moving e.g. in a car seat. It is always best to make sure that the TV is switched off when playing and eating together. Think about how often you may be using your mobile or watching television as your child learns from and likes to copy what you do.

Helpful hints

Balance with me on safe spaces like beams, stepping stones, low level walls

I like playing games with you where I can run fast, go slow and change direction

let me use cutlery e.g. knife and fork or spoon and fork

Make an obstacle course with me to practice different ways of moving e.g. over and under or with ride-ons, scooters, bikes



I like to jump in and out of puddles in the rain

Make a den with me using sheets, boxes, pegs and chairs

Teach me how to aim, throw and catch balls of different sizes

Let me try to zip up my coat and fasten my buttons independently

I like to help you hang washing, write shopping lists, unpack shopping

These ideas will help you and your child to enjoy play together; supporting their communication and social skills. They will help your child to strengthen their muscles, develop balance and co-ordination, and learn to move on their own. Being active is vital for your child's healthy brain development, and will also help your child to stay at a healthy weight. Being active with your child helps to set up good habits to support you both in developing a healthy lifestyle.

Having fun and staying safe:

Your child needs to play safely; always keep a watchful eye and do not leave them unattended.

When exploring foods with your child, please remember to cut into small pieces.

Now that your child is exploring more you need to be aware of the risks within your home. Such as hot drinks, hair straighteners, kettles, pans, cleaning products, medicines, e-cigarettes and refills, cigarettes, windows, blind cords.

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