

Suggested Activities for Preschoolers (3-5 years)

Physical activity is an important part of childhood. Children need 60 minutes of exercise each day to stay healthy and grow at a healthy weight. For kids, exercise does not mean going to the gym or lifting weights, but just playing and being physically active. This can be during gym class, at recess, playing outside or any activity where their bodies are moving.

Below is a list of activities to enjoy with preschoolers (3-5 years). This age group enjoys social interactions, they are curious and are refining their motor skills! The National Association of Sports and Physical Education (NASPE) recommends at least 30 minutes of structured physical activity (planned and adult-led) plus at least 60 minutes of unstructured physical activity (free play) per day for this age group. This is a great time to start social socialization with other children and challenge them with more structured activities. Try hoola hoop, sidewalk chalk, bubbles, bean bag games, balls, catch, safe household tools like measuring cups and wooden spoons – activities that provide both physical and mental stimulation.

Suggested Activities for Preschoolers

- ▷ Walking
- ▷ Running
- ▷ Freeze tag or freeze dance
- ▷ Climbing
- ▷ Riding a bicycle or tricycle
- ▷ Hide and seek
- ▷ Simon says
- ▷ Chores (sorting socks, vacuuming, sweeping)
- ▷ Eye Spy (talk a walk outside to spot different things)
- ▷ Dance party
- ▷ Walk to the store or playground



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