

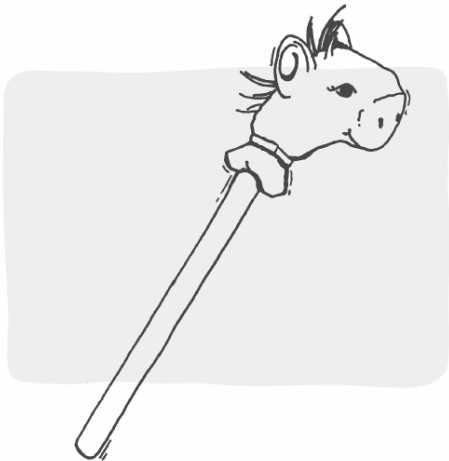
Galloping Pony

1 or more players

Equipment: For each player—cardboard wrapping paper tube, paper bag, masking tape, newspaper, crayons or markers

Procedure: Make a cardboard horse by decorating the paper bag to look like a horse's head. Stuff the head with crumpled newspaper and tape it onto one end of the cardboard tube. Have the child gallop around to visit different parts of the yard or house. Practice going slow and fast, forward and backward, galloping and prancing.

Variation: Have child pretend she is a Pony Express carrier bringing mail or supplies to different places. She could also pretend picking up toys to deliver to the toy box.

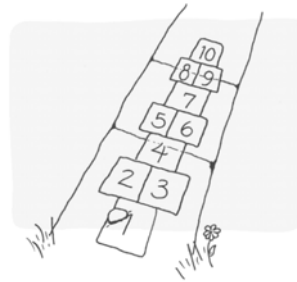


Hopscotch

1 or more players

Equipment: sidewalk chalk or masking tape, beanbag for each player

Procedure: Outside, mark out a hopscotch board on the sidewalk with chalk or in the dirt using a stick. Inside, use masking tape on the floor. Have your child toss the beanbag onto square one. Next, your child hops or jumps onto square one and picks up the beanbag. Your child can hop on one foot or both feet depending on his or her ability. Toss the beanbag onto square 2 and so on. When she gets to the top, turn around and go back down to square one. If there is more than one player, have the children take turns. While the other children are waiting for their turn, they could practice hopping on one or two feet. You could also make several hopscotch boards so all children can play at the same time.

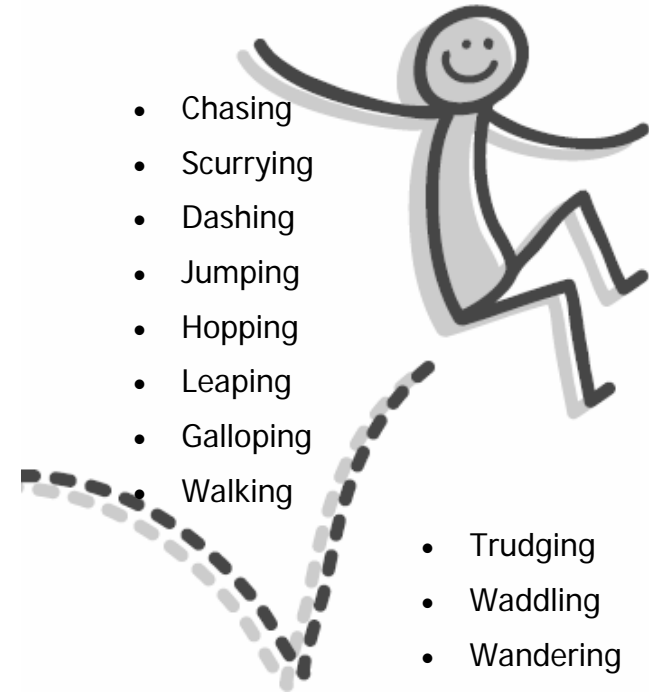


Bloomington Public Health - 952-563-8900
Adapted from Fit WIC Activities
Vermont Department of Health

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Running & Jumping Games

#2



- Chasing
- Scurrying
- Dashing
- Jumping
- Hopping
- Leaping
- Galloping
- Walking

- Trudging
- Waddling
- Wandering
- Plodding
- Darting
- Skipping
- Springing
- Prancing

- Fast
- Slow
- Forward
- Backward
- High Low

Fit Activities for Kids #3

Frog Hop

1 or more players

Procedure: Have your child squat down on the lawn or floor like a frog. Tell her to reach forward putting her hands on the floor. Then have her jump her feet so they land close to her hands. Try big and small leaps, and have her make frog sounds as she jumps!

Variation: Draw lily pads with sidewalk chalk on a safe sidewalk or driveway, or draw lily pads in the dirt or even in the snow. Let your child jump on and off the lily pads. To play inside, you can also make lily pads out of cardboard or paper. Decorate if you wish, and use masking tape to secure the lily pads to the floor.



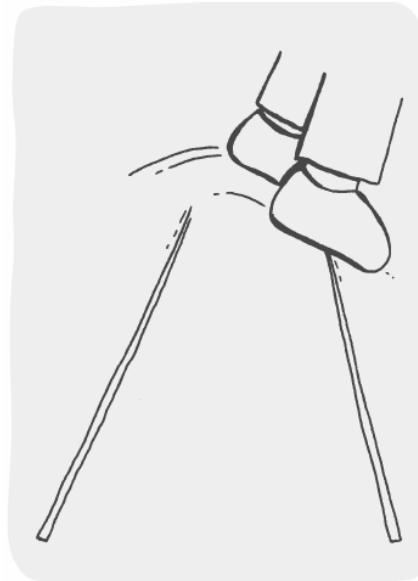
Jump Right Over

1 or more players

Equipment: sidewalk chalk or masking tape

Procedure: Draw two parallel lines, about one foot apart, on a safe sidewalk or driveway using chalk. Lines can also be drawn in the dirt. Have your child jump across the "river" to the other side—being careful not to get his feet wet! You can make the river wider as your child's jumping skills improve.

Variation: Draw a single line and let your child practice jumping and hopping over it. Inside, use masking tape to make one or two lines on the floor.



Jumping Jack

1 or more players

Equipment: For each player—an empty bathroom tissue roll, paper, red or orange crayon, masking tape

Procedure: Use the bathroom tissue roll for a "candlestick." Cut a "flame" from paper, and then color it and tape it to the candlestick. Place the candlestick outside on a flat spot or inside on the floor, and have your child jump over it. You and your child can recite this rhyme as he jumps:

*Jack be nimble,
Jack be quick,
Jack jump over the
candlestick.*

Practice jumping high, medium and low.

