

# MOVE *and* PLAY

*Every Day*



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# Active Time!

Being active every day helps children improve in school, have fun, and live happy healthy lives!

**Unstructured and structured play** have been shown to:

- Improve creativity, focus, problem-solving, memory and learning
- Promote good mental health
- Help maintain a healthy body weight
- Improve confidence and self-esteem
- Reduce the risk of injuries while increasing the level of physical activity
- **Structured play can include:** team sports, swim lessons, dance class, karate class
- **Unstructured play can include:** creatively playing with friends outside, bike riding, playing at a playground or in the backyard





# Practice these basic skills with your children to help them develop confidence in life!

Skating

Running

Balancing

Jumping

Volleying

Climbing

Dribbling

Make sure to play outside as much as possible!



**Catching**

**Dodging**

**Cycling**

**Hopping**

**Crawling**

**Striking**

**Throwing**

**Kicking**

**Swimming**



# How can I help my child to be more active?

- Be active as a family
- Be a role model by being active each day
- Choose activities that match your child's age and skills
- Ask your child to pick activities they would like to try
- Walk or cycle to and from school together with your child
- Spend lots of time outside

## How much and how often?

### Age 1-4

A minimum of 180 minutes of physical activity at any intensity spread throughout the day.

### Ages 5-17

A minimum of 60 minutes per day of moderate to vigorous intensity exercise throughout the day.

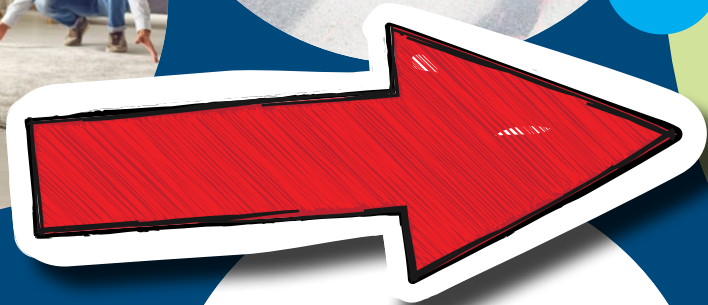
### Age 18+

A minimum of 150 minutes per week of moderate to vigorous physical activity, including muscle strengthening activities twice per week.





**Try these  
fun  
games  
with your  
children!**





# Push-Catch Game

Players: 2 or more

Equipment: A ball; use a smaller ball to increase the difficulty level.

How to play:

1. Make a large circle, leaving some space between each person.
2. One person is chosen to be the “thrower.”
3. The “thrower” stands in the centre of the circle with the ball.
4. The “thrower” will go around the circle, tossing the ball to each person, saying either “Push” or “Catch” before throwing.
5. If the thrower says “Push,” the person to whom the ball is thrown needs to catch it. Action the opposite of what the thrower says!
6. If the thrower says “catch,” the person to whom the ball is thrown needs to push it back to the “thrower.”
7. If the person takes the correct action in response to the command, they remain in the game. If they do the incorrect action, they are encouraged to stretch until the next round.
8. A new game begins when there is only one person left.

## Skills Practised:

- Catching
- Throwing

## Also encourages:

- Listening and following directions



# Beat the Clock Game!

Players: 2 or more

Equipment: Skipping rope if available

How to play:

1. Complete these challenges with your partner/group before your time runs out.
2. Move to the next challenge once all members have completed the action.
3. As a group, touch four things that are blue.
4. Hold hands and jump up and down five times.
5. Skip 20 times with a skipping rope.
6. Lie down and pretend to ride a bicycle with your legs in the air for 30 seconds.
7. Pretend that you are a flamingo and balance on one leg for 10 seconds and then switch to your opposite leg for another 10 seconds.
8. Make up your own challenge actions and decrease your chosen time limit to increase difficulty.





### Skills Practised:

- Running
- Skipping
- Hopping
- Jumping
- Stork stand
- Any movement chosen





**Skills practiced:**

- Skipping
- Jumping
- Balancing
- Stork-stands

**Also encourages:**

- Learning the alphabet and numbering



# Active games that involve chalk!

- Help your child to draw a sports field or court, such as a hockey rink, volleyball court, or tennis court, on the pavement and let the games begin! Be mindful of safety when choosing a location.
- How about using the chalk to **create a starting line for a race?** A few quick scribbles and you're off to the races!
- **Hopscotch court** is another fun game that can be played alone or with a group. Just create a few rectangles, squares and number each box on the pavement. Keep switching up the patterns and get ready for endless fun. Once they toss a bean bag or stone onto the square they must hop along the path to retrieve it! Keep it interesting by using only 1 foot, both feet, or switching feet each jump.
- Have your child **draw an outdoor racetrack** for their toy cars or use different sizes of pebbles and stones as a replacement for toy cars. This is also a great time to teach them about road safety. Why not help them add in stop signs and crosswalks?
- Take turns **tracing each other's shadow!** Try making active poses to trace, like a person in the running position or a person about to throw a ball. Then have your child practice the action they just traced.
- Try **playing the "Active Alphabet."** Draw every letter of the alphabet onto the pavement. Have your child stand on each letter and shout out an action that starts with that letter! For example: J can be jumping, S can be spinning, and T can be throwing. Get creative or have them think of a fun action to try.
- Leave it up to a piece of chalk and a child's **imagination** can lead to some creative and fun activities!

# Icicle Tag!

**Players:** 3 or more

**Equipment:** None

1. One person is "it" and stands in the middle of the playing area. Everyone else stands on one end of the area in a line.
2. The person who is "it" must choose an action for everyone to do, like running, bunny hopping, crab walking, or crawling.
3. Everyone must try to get to the opposite side and do the chosen action without being tagged by the person who is "it."
4. If tagged, you are frozen until another person unfreezes you by tagging you.
5. The aim is for everyone to reach the other side untagged!





Visit the Durham Region Health Department website at

**[durham.ca/PhysicalActivity](https://durham.ca/PhysicalActivity)**

for more ways to be active with your family!



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
**[durham.ca/physicalactivity](https://durham.ca/physicalactivity)**



If you require this information in an accessible format,  
contact 1-800-841-2729.