Physical Activity for Preschoolers

**Physical Activity Promotes:** Healthy Weight, Lifelong Health, Good Sleep, Strength, Flexibility, Coordination, Cooperation, Sharing, Creativity, Confidence, Learning, and Stress Relief.

**Light Activity** – intensities faster than a slow walk; increases heart rate and breathing rate, but still allows children to talk easily

- Throwing Ball or Frisbee
- Playing on Playground
- Swinging
- Hop-Scotch
- Stretching
- Dance or Tip Toe to Music
- Follow the Leader
- Simon Says
- Ring around the Rosy

**Vigorous Activity** – intensities that has children “breathless” or breathing deeper and faster than during typical activities

- Running
- Skipping
- Jumping
- Jump Rope
- Hula Hoop
- Climbing on Playground
- Tumbling
- Kickball
- Skating
- Bicycling
- Sports