

Simple Ways to Help Your Child be More Active

Free Activities to Do with Your Child

Spend the afternoon at High Park, centrally located at 1873 Bloor St. W. Easily accessible by public transit (at High Park subway station), this park has everything for young children to enjoy and be active. The volunteer built adventure playground is a favourite with many families. Your child can climb, swing and slide for hours. For more details go to: www.city.toronto.on.ca/parks/highpark.htm

Explore local school yards: these are great spaces to use after school and on weekends. The fields and yards are often empty and wonderful places to run, fly a kite or throw a ball. Make use of the open spaces. You never know – you might have the whole field to yourself!



Skill Development

Hopping

For children to hop successfully they need a combination of balance and strength. Children should keep their grounded foot slightly bent at the knee and their other foot resting off the ground in a way that feels comfortable. They propel their body, lifting up and out.



Take the children on an imaginary hopping adventure, hopping over fallen branches, river beds and small insects. Encourage them to try hopping on both their right and left feet.

Fun Physical Activity Games

Hopscotch

Remember playing this game when you were a young child? It is something your child can do with you, or with friends. Grab a piece of chalk and find a hard, even surface, such as a sidewalk or paved area. Draw the squares as shown and number them 1 through 11. The semi circle at the end is for jumping in when turning around.

Every player finds a small object, such as a stone to throw. They aim for the first square. They then hop over their object into the second square and complete the course. On their way back they stop at square two and bend to pick up their object and hop to finish line. Then they aim for square two and so on. Remember to take turns if you are playing with someone else!

