

Trying New Physical Activity

Preschoolers have a lot of energy, and physical activity is a great way for them to use that energy while keeping their bodies growing healthy and strong. Like getting stuck on eating the same food, our preschoolers may also get stuck on doing the same kinds of physical activity. Expand your preschooler's interests by teaching them new ways they can be active every day!

Some preschoolers may be ready to start playing organized sports like soccer and t-ball, depending on their development and interest in playing. Even if they're not on a team, we can teach our preschoolers skills that will get them ready for sports when they're ready. For example, you can teach them how to kick a ball, toss and catch a ball, and swing a bat. Sports are a great way for children to stay active as

they grow up, so exposing them to skills related to different sports at a young age can set them up for healthy physical activity habits.

There are also a variety of games that preschoolers can learn to play, including tag, obstacle courses, and relay races. Preschoolers often enjoy games because they enjoy themselves while they play, so they may not even realize they're exercising! Having fun is important for preschoolers to try a new activity. If your preschooler doesn't enjoy one activity, have a list of different ones they can try so they always have options.

New physical activities can hold our preschoolers interest so they stay active every day. What new activity can you teach your child?

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