



for kids like chaeli
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Ideas for 3 – 6 year-old children from our physiotherapist

Physical activity and sport are wonderful ways to develop:

- muscle strength
- whole body coordination
- depth perception
- healthy habits
- self-control
- social skills

Ball games

Catch, throw and kick a ball with someone, into something, to knock over a target or as part of a game with simple rules.

Climbing

Climb a jungle gym or tree.



Crawling

Under and over chairs, the sofa or beds.

Animal walks

Tall like a giraffe, on hands and knees like a bear, sideways like a crab etc.

Hopscotch

Draw the squares in the sand or with chalk on paving. Jump on one foot in the single squares and both feet in the double squares.



Balloon walk

Walk with a balloon / ball between the legs a certain distance and then turn around and go back.

Balancing

Heel-toe / tip-toe / heel walk along a straight / curved / zigzag line drawn with chalk on paving or in the sand.



Jumping

Star jumps / jumping jacks. Start with just the legs or arms first and then arms and legs together.