



Help me move and play

When I am 3-4 years old



Your child should be:

- able to jump
- able to run around objects without bumping into them
- able to change speed and direction when running
- able to walk up and downstairs independently
- able to use three fingers to hold crayons, chalks and paint brushes and begin to use them with more control
- starting to stand on one foot when shown
- starting to bend knees when jumping from low obstacle
- starting to catch a large ball
- starting to use both hands together, e.g. using a spoon and fork, or knife and fork

Physical Activity guidelines

Your child should be active from morning to night-time.

Pre-schoolers should spend at least 180 minutes (3 hours) per day in a variety of physical activities spread throughout the day; this should include at least 60 minutes of moderate-to-vigorous activity. More is better.

You can help your child to stay active by limiting the time they spend sitting down or not moving e.g. in a car seat. It is also beneficial to switch your TV off when playing and eating together and to consider how often you watch TV or use your mobile, as your child learns from and likes to copy what you do.

Helpful hints

Balance with me on safe spaces like beams, stepping stones, low level walls

I like playing games with you where I can run fast, go slow and change direction

Let me use cutlery to eat with



Make an obstacle course with me to practice different ways of moving e.g. over and under or with rideons, scooters, bikes

Make a den with me using sheets, boxes, pegs and chairs

I like to jump in and out of puddles in the rain

Teach me how to aim, throw and catch balls of different sizes

Let me try to zip up my coat and fasten my buttons independently

I like to help you hang washing, write shopping lists, unpack shopping

These ideas will help you and your child to enjoy play together; supporting their communication and social skills. They will help your child to strengthen their muscles, develop balance and coordination, and learn to move on their own. Being active is vital for your child's healthy brain development and will also help your child to stay at a healthy weight. Being active with your child helps to set up good habits to support you both in developing a healthy lifestyle.

Having fun and staying safe

Your child needs to play safely; always keep a watchful eye and do not leave them unattended.

Keep small objects out of reach as your child could choke on them.

When exploring foods with your child, please remember to cut into small pieces.

Now that your child is exploring more you need to be aware of the risks within your home, such as hot drinks, hair straighteners, kettles, pans, cleaning products, medicines, e-cigarettes and refills, cigarettes, windows, and blind cords.

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