

Moving with Purpose - Using the Big Muscles: Ages 4-5

Developing the big muscles in the arms, legs and trunk will help your child:

- Run, climb and play with others
- Throw and catch a ball easily
- Develop balance skills



Ideas to try with your child:

- Play “Follow the Leader” on a walk around the block. Change the walking to hopping, galloping, marching, walking on toes, or walking backward.
- Play catch with a large soft ball. As your child’s skill increases, change to a smaller ball. Encourage his attempts at throwing. They will be awkward at first!
- Play music while moving in different ways. Stop the song or music and “freeze” like statues. When the music or song starts again, move in a different way.

If your child is struggling:

- Set out a laundry basket. At a distance of three feet, have your child throw a ball into the basket. Increase the distance as he succeeds.
- Play “Simon Says.” Be sure to include lots of bending, stretching, running in place, jumping, and other whole body movements.

Going further:

- Play hopscotch and practice hopping on one foot or two!
- Place a 2x4 piece of wood on the grass or draw a line on the sidewalk. Your child can practice balancing on the pretend bridge

The WA State Department of Early Learning and the Richland School District believes that parents, families, and caregivers are young children’s best teachers. This resource guide, part of *Strong Foundations for School: Resource Guides for Parents of Young Children*, highlights a key developmental skill for **children ages 4-5** that parents can help improve at home.