

## Run, Jump, and Play Confidently: First Grade

### Strengthening arm and leg muscles will help your child to:

- Gain strength, endurance, and flexibility
- Build coordination and balance
- Develop confidence in her own ability to participate in physical tasks



### Ideas to try with your child:

- Provide opportunities for your child to play outside or be physically active each day. Activities might include riding a bike or scooter, walking, kicking a ball, jumping rope or jumping on a trampoline.
- Let your child, kick, throw, bounce, and catch a ball. Practice throwing with two hands, one hand, overhand, and underhand. Try dribbling a ball with one and with both hands; see if you can pass it under your legs or bounce and catch it.
- Play games that involve running and jumping like tag, hopscotch, or duck-duck-goose.

### If your child is struggling:

- Have your child practice hitting a balloon using various body parts (head, knee, hand, etc.)
- Use sidewalk chalk to draw straight, curved, and zigzag lines outside for your child to walk, hop, and skip along.
- Race with your child across the lawn - running, skipping, hopping, or walking backwards.

### Going further:

- A great list of fun outdoor activities for kids can be found at <http://fun.familyeducation.com/play/outdoor-activities/33394.html>.
- Get a play group started with your child's friends. Teach the play group new games like kickball, tether ball, soccer or basketball.
- Help your child build an obstacle course and time how long it takes your child to complete one rotation through the course.

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 in First Grade** that parents can help improve at home.



Adapted from *WA State Early Learning and Development Guidelines, 2012*: "Refine skills for moving from one place to another" and "Gaining strength, endurance and flexibility" *Touching, Seeing, Hearing, and Moving Around*, First Grade, pg. 100