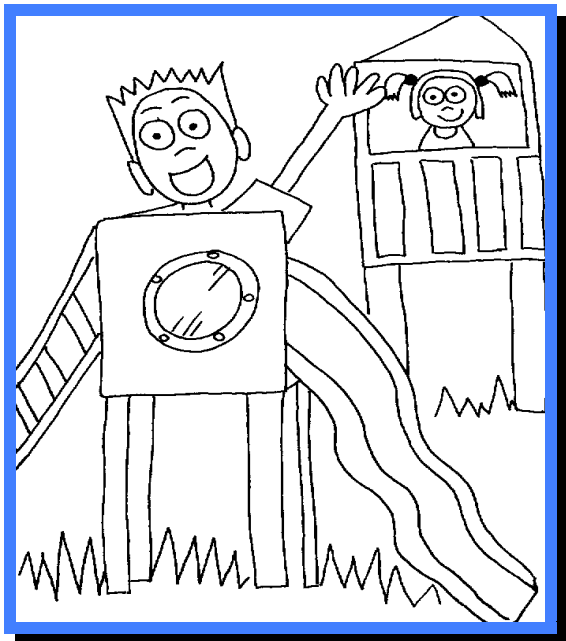


# Active Play

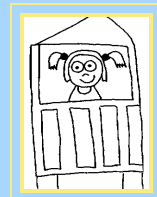
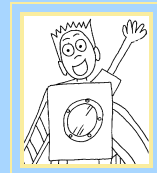
PLAY  
IDEAS 15

ABOUT  
ACTIVE  
PLAY



*Infants and children are naturally drawn to active play or "gross motor" play - it's fun!!*

*It provides opportunities for children to learn about their bodies and to develop the balance, strength and coordination needed for everyday tasks. Active play is also important for health and well-being and for the development of emotional, social, language and thinking skills.*



## ACTIVE PLAY AND DEVELOPMENT

### Babies



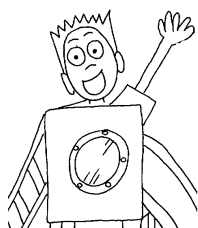
From as early as three months of age, babies' favourite games will include kicking, rolling and being pulled to sit. By about six months of age your baby may love using your lap as a trampoline - jumping and bouncing with delight as you provide the necessary support. Later your baby learns to master other movements - sitting, getting onto all fours, rocking backwards and forwards, crawling, pulling to stand and 'cruising' around the furniture or you!

### Toddlers



Children usually learn to walk between the ages of 12 - 18 months, opening up greater adventures. Toddlers will have fun clambering, climbing, jumping and tumbling. Simple play equipment, such as steps, doorways, sit on toys, gentle swings and slides, furniture and playful adults will be a great source of active fun and challenge.

### Young Children



Around three to four years of age, as your child gets more confident in their movements they will enjoy greater challenges exploring and having a sense of 'mastery' over their environment. Furniture, boxes, trees, and play equipment (such as slides, swings, ladders and rope walls) will provide endless opportunities for climbing, jumping, swinging, sliding, pulling, pushing, and lifting. Bikes, trikes and scooters are also fun!



P.A.L. PLAY AND LEARNING PROGRAM  
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## WHAT YOU CAN DO

- Watch your child and support their movement experiences in a way that suits their level of development. Let them go at their own pace.
- Let them use you as their support when they are learning about movement - bouncing on your lap, clambering over your back, balancing on your crossed legs - you will be able to 'feel' exactly the right amount of support that they need.
- Let your child 'have a go' to try new things in his active play experiences. Provide encouragement and support, using positive instructions (e.g. 'hold on tight', 'look carefully') rather than negative warnings ('you'll fall off there').
- Allow time for repetition - your child will want to try a new skill over and over again.
- Provide opportunities for new experiences and challenges - go to a different park and try new play equipment.

## SOME ACTIVITIES TO TRY

- **'Rough and tumble' play** Let your child have fun bouncing on an old couch, give them piggy back rides or play pretend wrestling games with them.
- **Movement games** Inside play games like musical statues, Simon Says and Hokey Pokey. Outside you can show them how to do handstands, cartwheels, whizzies and animal walks.
- **Hopscotch** Show your child how to hop and play. Use outdoor chalk to draw on the path.
- **Trampoline** Practice jumping and then sitting and kneeling jumps. Jump with them.
- **Ball games** Use balls of different sizes and weights. Show how to roll, bounce, throw, catch and bat. Play games like catchy, skittles, totem tennis, soccer, basketball, football and T-ball.
- **Pedal toys** Start with sit on toys, then tricycles, scooters and bicycles.
- **Trees** Make a tree cubby or just let kids have a go at climbing a tree.
- **Cardboard boxes** Let your child stack them, sit in one and be pushed around, hold onto a rope and be pulled around, fill one with toys and push it around, take it to a park and slide down a grassy slope.
- **Playgrounds** Visit your local park often, for play on swings, slides, see-saws, monkey bars and flying foxes.
- **Swings** Make your own swing using strong rope with seats made of wood, tyres or fishing floats.
- **Rugs, sheets and cushions** Use old rugs and sheets for rolling your child up in them, making cubby houses with them or sliding your child along the floor while they balance. Use old cushions to make stacks to climb on and hide among.
- **Sand and water play** Children can be active digging, carrying buckets of sand and walking in the sand. Water is wonderful for running through, swimming and splashing. The beach is a great place for active play.

### SAFETY PRECAUTIONS

- Supervise active play. Provide 'hands on' help to make sure that your child feels safe and confident when trying a new activity. Provide shade/sunblock outdoors.

### PLAY IDEAS 15

### ABOUT ACTIVE PLAY

