

Physical Activity included in Sample Daily Schedule for Toddlers and Preschoolers

### **Infusing Physical Activity throughout the Child Care Day**

Early childhood is traditionally the most active period during one's lifespan! It is especially important for young children to get plenty of vigorous physical activity during which they may be breathing hard and exhibiting sweating with flushed cheeks. This vigorous physical activity provides healthy exercise for children's hearts, lungs, and muscles and facilitates the development of their fundamental movement skills. Typical vigorous physical activities young children enjoy are running, jumping, hopping, and dancing. Outdoor play usually provides the opportunity for lots of vigorous physical activity. Please note that children are typically most physically active during the first 15 minutes of outdoor free play. As children become less active, it is an opportune time to gather the children and initiate adult-led physical activities. When leading children in physical activities, avoid elimination games and instead select activities that promote everyone's participation in the physical activity. On the days when the weather does not permit outdoor play, move furniture as needed to enable children to engage in vigorous physical activity while indoors.

Create learning centers that offer children the opportunity for self-directed physical activities. Include learning center choices such as a suspended covered balloon or ball for tapping and kicking, rolled socks for throwing at a large wall target, and a floor beam for walking. Vary the physical activity options in the learning center to maintain children's interest.

Include at least two active transitions each day during which children can jump, march, creep, tip toe, walk backwards, or dance their way from one activity to the next to promote their motor skills. Transition time and circle time both present opportunities to move to music, a perennial favorite for infusing physical activity into the child care day.

Below is a sample daily schedule with a total of 120 minutes of physical activity infused throughout the child care day.

Citation:

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Arrival/ Learning Center Time	Learning center time along with greetings and routines Include opportunities for children to participate in self-directed <b>physical activities (15 min.)</b>
Transition Time/ Breakfast	Clean up toys, bathroom break, breakfast if applicable Include a <b>physically active</b> transition such as moving to music to gather children together <b>(5 min.)</b>
Circle Time	Information sharing and singing songs Include a song with large body <b>physical activities</b> that children can act out <b>(5 min.)</b>
Learning Center Time	Include opportunities for self-directed <b>physical activities (15 min.)</b>
Snack	Clean up, bathroom break, wash hands, and snack
Story Time	Act out a story's action using large body <b>physical activities (5 min.)</b>
Outdoor Play	Initially encourage <b>moderate to vigorous physical activity (15 min.)</b> during the hour or more of free play Lead at least two structured, adult-led <b>physical activities (20 min.)</b>
Transition Time/ Lunch	Clean up, wash hands, lunch Include a <b>physically active</b> transition such as dancing and then freezing as the music starts and stops to gather children for lunch <b>(5 min.)</b>
Nap	Early risers engage in quiet activities
Snack	Bathroom break, wash hands, and snack
Outdoor Play	Again, initially encourage <b>moderate to vigorous physical activity (15 min.)</b> during the half-hour or more of free play Lead structured, adult-led <b>physical activity (15 min.)</b>
Circle Time	Closing information sharing, language activity and music activity Include a song with large body <b>physical activities</b> that children can act out <b>(5 min.)</b>