



Physical Activities: Ages 2–3

Manipulative & Gross Motor Skills

Please complete these activities with a sibling, parent, guardian, or family member!

Running	Practice running in a safe space! Have your child run in a straight line to you while you clap to help them identify the target. Start with short distances. As the child improves, make the distance further!
Jumping	To practice jumping, lay out some spots on the ground for the child to jump back and forth. This could be blankets, clothes, placemats, noise-making toys, etc. Have the child jump with two feet to each new object. Count how many successful jumps they get! If it is rainy outside, go puddle jumping! Cues: Bend, Jump!
Levels	As your child does daily activities around the house, encourage them so walk at different levels. Have them tiptoe to the kitchen or duck down and walk to the living room.
Balance	Use tape and string to create a line on the ground around your home. Place the string on the ground and tape over it, so they child can feel the line. The line can be straight, curved, zigzag, etc. Have your child follow the line on the ground around your home.
Dance	Play a fun song on a speaker. If you do not have a speaker, sing a song aloud with your child. Dance along with the music together!
Kicking	If you have a ball, use it for this exercise. If not use bundled socks or bundled grocery bags to make a ball. If you have a bell, tie it to the ball. Have the child practice kicking the ball, focusing on balancing when kicking. After the child kicks the ball, their foot should come back to the ground to balance. Cues: Step, Kick.