



## **Physical Health, Well-Being, and Movement Skills**

### **Activity for 30 to 36 Months**

#### **Over the River**

*Jumping builds leg strength, critical for developing fundamental loco-motor skills such as running, leaping, galloping, hopping, and skipping.*

#### **Materials:**

- Small towel or piece of cloth about 24 inches wide
- Toy fish, frogs, rubber ducks, and other water buddies

#### **What to do:**

1. Place a small towel or piece of cloth on the grass. This is the "river." Place the toys on the towel.
2. Have the child run and jump over the "river" without getting wet.
3. Bunch the towel in the middle or fold it so that the "river" is about 12 inches wide at first. As the child is able, open the towel so that the "river" is wider.
4. Do the activity indoors, as well, but ensure the area is clear so the child doesn't get hurt.

#### **Variation:**

- Place targets on the wall. Have the child jump as high as she can to touch a target.

