

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



30 DAY



PHYSICAL ACTIVITY CALENDAR FOR INFANTS

Engage in these activities only when developmentally ready and always under adult supervision.

4

Roll Over:

Help baby in rolling over daily to support muscle development.

5

Sit and Play:

Support baby in sitting with toys daily to encourage balance and coordination.

6

Mirror Play:

Interact with a baby-safe mirror daily to stimulate visual and cognitive development.

7

Foot Rattles:

Encourage baby to kick with rattles daily to promote leg strength and coordination.

8

Peekaboo:

Play Peekaboo to engage & entertain baby, promoting social & emotional development.

9

Sensory Play:

Explore different textures daily (e.g., food, nature, books) to stimulate baby's senses and cognitive development.

10

Sit and Reach:

Place toys just out of reach daily with supervision to encourage reaching and stretching.

11

Reach and Grab:

Encourage baby to reach for toys daily to help develop motor skills.

12

Bicycle Legs:

Move baby's legs in a circular motion daily to help improve coordination.

13

Roll Over:

Help baby in rolling over daily to support muscle development.

14

Sit and Play:

Support baby in sitting with toys daily to encourage balance and coordination.

15

Mirror Play:

Interact with a baby-safe mirror daily to stimulate visual and cognitive development.

16

Foot Rattles:

Encourage baby to kick with rattles daily to promote leg strength and coordination.

17

Peekaboo:

Play Peekaboo to engage & entertain baby, promoting social & emotional development.

18

Sensory Play:

Explore different textures daily (e.g., food, nature, books) to stimulate baby's senses and cognitive development.

19

Tummy Time:

Place baby on their tummy for short periods daily to help strengthen muscles.

20

Reach and Grab:

Encourage baby to reach for toys daily to help develop motor skills.

21

Bicycle Legs:

Move baby's legs in a circular motion daily to help improve coordination.

22

Roll Over:

Help baby in rolling over daily to support muscle development.

23

Sit and Play:

Support baby in sitting with toys daily to encourage balance and coordination.

24

Mirror Play:

Interact with a baby-safe mirror daily to stimulate visual and cognitive development.

25

Foot Rattles:

Encourage baby to kick with rattles daily to promote leg strength and coordination.

26

Peekaboo:

Play Peekaboo to engage & entertain baby, promoting social & emotional development.

27

Sensory Play:

Explore different textures daily (e.g., food, nature, books) to stimulate baby's senses and cognitive development.

28

Sit and Reach:

Place toys just out of reach daily with supervision to encourage reaching and stretching.

29

Reach and Grab:

Encourage baby to reach for toys daily to help develop motor skills.

30

Bicycle Legs:

Move baby's legs in a circular motion daily to help improve coordination.

Love yourself and stay hydrated!



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PHYSICAL ACTIVITY CALENDAR FOR TODDLERS

Engage in these activities only when developmentally ready and always under adult supervision.

4

Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

5

Bubble Chase:

Chase bubbles to encourage active play and fun.

6

Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

7

Creative Colors:

Use crayons to color & encourage creativity and fine motor skills practice.

8

Animal Parade:

Pretend to be different animals and march around like you're in a parade.

9

Scarf Play:

Play with different scarves daily to encourage creativity and movement.

10

Nature Walks:

Explore outside using their five senses to discover the world around them.

11

Obstacle Course:

Set up a simple course using poly spots & big blocks.

12

Dance Party:

Have a blast dancing to your favorite tunes!

13

Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

14

Bubble Chase:

Chase bubbles to encourage active play and fun.

15

Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

16

Creative Colors:

Use crayons to color & encourage creativity and fine motor skills practice.

17

Animal Parade:

Pretend to be different animals and march around like you're in a parade.

18

Scarf Play:

Play with different scarves daily to encourage creativity and movement.

19

Bear Crawl:

Crawl on hands and feet to build strength and coordination.

20

Obstacle Course:

Set up a simple course using poly spots & big blocks.

21

Dance Party:

Have a blast dancing to your favorite tunes!

22

Ball Play:

Roll, throw, and kick a ball to develop coordination and motor skills.

23

Bubble Chase:

Chase bubbles to encourage active play and fun.

24

Parachute Play:

Lift and lower a parachute or sheet to promote teamwork and fun.

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Creative Colors:

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PHYSICAL ACTIVITY CALENDAR FOR PRESCHOOLERS

Engage in these activities only when developmentally ready and always under adult supervision.

Simon Says:

Encourage movement through commands to increase activity & foster listening skills.

Hopscotch:

Draw a hopscotch grid with chalk or tape to support balance and coordination skills.

Animal Walks:

Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.

Follow the Leader:

Take turns leading with actions like jumping, hopping, & skipping to develop motor & listening skills.

Yoga for Kids:

Start with gentle stretches like reaching for the sky or touching their toes.

Scavenger Hunt:

Use themes like colors or shapes to find items around the classroom or playground.

Balance Beam:

Walk on a tape line in a straight, curved, or zigzag pattern to practice balancing.

Gardening:

Help with simple gardening tasks like digging and preparing the soil for planting.

Story Yoga:

Read an interactive storytelling with yoga poses such as mountain, tree, dog and butterfly.

Freeze Dance:

Play a song, dance with the music, and freeze like statues when the music stops.

Hopscotch:

Draw a hopscotch grid with chalk or tape to support balance and coordination skills.

Animal Walks:

Walk like an animal—bear, crab, frog jump, bunny hop, elephant, and duck walk.

Follow the Leader:

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