



Exercises

Ages 1 year to 2 years

Objective: The child shows response to physical activity when shown or asked to do certain positions.

Materials needed:

Fun music

Exercise Cards (printable)

Procedures

1. Turn on the music and let your child move freely to the sounds they hear.
2. Watch their responses to fast music, slow music, loud and soft music. See if they take to one or the other more so.
3. Now show them the exercise cards. See if they respond by mimicking the pictures on the cards. Repeat until all cards are gone.
4. If they do not mimic, you give them verbal directions of exercise positions to do with you. Stand up, touch your toes, jump up and



Exercises

Ages 1 year to 2 years

down. Touch your head, shoulders, knees, and toes. Run fast. March-two- three-four!

5. Go through all of the cards until all exercise motions and pictures have been mimicked and done with your child.

Milestones to meet:

The child can move to visual cues and uses gross-motor skills to influence development.

Evaluation:

Did this lesson work for your child? Why or why not?