

# Walking and Running Skills

## Why are they important?

Walking and running skills help children explore the environment and participate in various recreational activities.

Young Athletes helps children achieve their personal best.

Let's Practice & Play

## Getting started: Play "Run and Carry"

### How to play

1. Gather a small stuffed animal or toy. Plan to play outdoors or choose a large, open room where your child can run.
2. Place the object on the ground or floor at an appropriate distance from your child.
3. Have your child run to the object, pick it up and bring it back to you.
4. To build endurance, repeat Steps 2 and 3, choosing different places to set the object.

**Tip:** Invite other family members to participate by having each person run a certain distance and then pass the object to a different person.

**Note to families:** Keep this someplace visible as a reminder to be physically active and play together whenever you have a few minutes.



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## More Activities to Try

**Hidden Treasure:** Place a few small favorite objects under upside-down cups or boxes. Have your child walk or run to them to find the treasures.



### Sticky Arms:

Set out a row of beanbags, toy stuffed animals or other objects. Say, "Sticky arms," to signal your child to zigzag between the objects with arms glued to his or her sides. Then say, "Running arms," to signal your child to run with arms swinging back to front.



### Follow the Leader

**Variation:** Set up a path using objects such as blocks or beanbags. Lead your child to follow the path as you describe the actions, using words such as *around*, *beside* and *over*.



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