

Time Marches On!

Muscles become stronger and more coordinated as children get older. Which of these activities would you expect to do with the youngest child? Write **1** next to this one. Which one is the most difficult? This is the one you'd do with the oldest child. Write **12** next to it. Put all the others in order of difficulty by writing numbers **2** to **11** next to them.



- _____ Push the doll's carriage across the room.
- _____ Go for a walk. Walk backwards, sideways, quickly, slowly.
- _____ Throw a large ball and let child try to catch it and throw it back to you.
- _____ Put water in a large bin. Add spoons and bowls. Let the child fill and empty the containers.
- _____ Play *Dodge Ball*.
- _____ Sing and do the actions to *Head and Shoulders*.
- _____ Throw a small ball and let the child try to hit it with a plastic bat.
- _____ Sit on the floor and roll a ball to the child. Have him roll it back to you.
- _____ Hold on to the child's hands and let her bounce up and down.
- _____ Do handstands against a wall.
- _____ Put out three blocks. Let child stack the blocks one on top of the other.
- _____ Make an obstacle course (go under a chair, over a pillow, round a box, etc.)