

Fun physical activities to do with kids aged 2 to 4

If you have a little one under 5 years old at home, then you've experienced what it's like to try to keep up with an energetic toddler or preschooler. But did you know that kids this age need three hours of physical activity a day?

Children between 2-4 years old don't only need a lot of movement, they also need a lot of variety of movement. So while it's essential to make time for unstructured, active [playtime](#), it's also important to have access to plenty of fun, simple activities that you know will help them get active and develop skills in a variety of ways.

Animal Walk

Inside or out, encourage your child to slither like a snake, hop like a frog, gallop like a horse, or walk like a bear on all fours.

Skills developed: hopping, galloping

Keep the Balloon Up

Outdoor on a calm, windless day, or inside, have your kids use their hands or half of a pool noodle to keep a balloon afloat. How long can they keep the balloon off the ground?

Skills developed: volleying, striking

Puddle Jumping

Preferably outside in what one two year old called "chocolate water", throw on your kids' most waterproof gear and let them jump in, out, and over puddles.

Skills developed: jumping

Wet Sponge Designs

On a hot, summer day, gather up lots of sponges, provide a tub of water for endless resoaking, and have your kids throw their sponges on a wall or on a cement surface to make designs. Sponges can also be used to "paint" walls.

Skills developed: throwing

Digging for Treasure

Whether it's an inside or outside sandtable or sandbox, kids love to dig for treasure. Hide small toys like plastic dinosaurs, small cars, or marbles, and let your child release their inner pirate as they search for booty!

Skills developed: lifting and lowering objects, object manipulation

Run Away From the Monster

Kids love a game of chase, especially with a parent or other adult they trust. A game of running from a "scary" monster will involve much squealing with delight.

Skills developed: running, dodging, agility

Simon/Simone Says

While the rules are simple, the options for movement are endless. Simon can have kids jumping like a kangaroo, standing as tall as a house, making funny faces, standing on one foot, or waving their hands over their heads.

Skills developed: multiple depending on the leader's actions (jumping, balancing, hopping, etc.)

Hopscotch

A favourite with kids of all ages, hopscotch is a game that can be played inside or out. Inside, use painters tape on the floor to pattern your own board and use buttons, rolled up socks or bean bags instead of rocks. Outside, use chalk to make a court and use rocks or the chalk itself as a marker. The [rules](#) are simple and the game can be played alone or with friends.

Skills developed: hopping, throwing

Fly a Kite

Find a wide open space in a park, a beach, or a field, make or purchase a kite, pick a day which is breezy but not too windy, and head out to watch your child delight in running with their colourful toy.

Skills developed: running

Skills developed: throwing