

ACTIVITIES FOR 3 YEARS OLDS

Practice these play activities with your child to help them to develop and improve age appropriate gross motor skills.

Stairs

- Walk up and down at least 4 steps (without using the rail for support)
- Alternating one foot on each step

Walking

- Walk longer distances
- Walk over more tiring surfaces like sand
- Walk up and down hills
- Walk forwards or backwards along a line

Balance

- Stand on one leg for 3 seconds.
- Hop on the spot 5 times
- Walk along a narrow path or log – hold someone's hand for balance if this is difficult
- Stand or walk on tip toes

Jumping

- Jump over a small hurdle
- Jump forward at least 20cm
- Jump down from heights of 20cm

Ball Skills

- Kick a stationary ball to another person
- Scoop catch a ball from 1.5m
- Throw a ball to another person 1.5m away
- Throw a tennis ball to a wall

Play Skills

- Climb through monkey bars, tunnels or tyres
- Climb up and over low equipment about 1m high
- Climb up a climbing frame and then climb back down
- Slide down a low slide sitting up or in different positions - feet first or on tummy
- Swing back and forth on a swing
- Ride different play equipment at the park
- Run around
- In a big circle, stop, then run the other way
- Try to move like different animals - cat, dog, bear, frog, duck, kangaroo
- Play "Simon Says" with a friend

If you have any questions, please contact your Physiotherapist.

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