

ACTIVITIES FOR 2 YEARS OLDS

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

Stairs

- Try walking upstairs placing one foot on each step using a rail on wall for support. Call these big steps "giant" steps to get the child to progress to alternative feet on each step
- Try walking downstairs placing both feet on each step using a rail or hand for support



Jumping

- Try jumping on the spot. You can start by jumping off a low step
- Try bouncing on a mattress/trampoline to get the idea of push off and landing
- Try jumping to make a loud stomp
- Try jumping on bubbles
- Try reaching for bubbles (or other objects) up high – to strengthen feet/toes



Ball Skills

- Try scoop catching a ball (with arms out in front)
- Try throwing a ball with both hands towards another person
- Try kicking a stationary ball towards a target



Gait / Walking / Running

- Encourage running – increase speed and distance; control direction and stop start
- Try walking backwards (can use a hoop to help assist with direction)
- Try following the outline of a large circle marked/chalked on the ground
- Try walking on tip toes (or reaching up for magnets on tiptoes)

Balance

- Try standing on one leg (aim for 1 second)
- Try stepping up, standing and then off a small platform eg a thick book/A4 ream of paper/aerobic step
- Try walking down a narrow plank, low fence or log at the park



Other

- Try climbing the ladder of a slippery dip or slide
- Try pushing a scooter along
- Try sitting on a "wheel-along" toy and getting used to pushing off/momentum and speed



If you have any questions, please contact your Physiotherapist.

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