

# Walking, Running and Jumping



An activity guide for under-fives



**SPORT  
NEW ZEALAND**

On 1 Feb 2012, SPARC  
changed its name to Sport NZ.  
[www.sportnz.org.nz](http://www.sportnz.org.nz)

## ? What is Active Movement/ Koringa Hihiko?

😊 Active Movement is just as important for newborns as it is for older children. By helping your child to get active, you help their body to develop, you help them to learn and to feel safe, and you show them they are loved.

The Active Movement series of brochures helps you with ideas for fun activities.





## ? Why is walking important?

- 😊 Learning to walk takes time. Enjoy the time your infant spends on his tummy and crawling.
  - Time spent on the floor and exploring the world is great for children's development.
  - Provide an environment that allows your infant to stand and walk when she is ready.
- 😊 How will my infant move from crawling to walking?  
He will start to crawl to things and begin to pull himself up and walk around the furniture.
  - This may happen for many months.
  - He is preparing his muscles to take his own weight in a standing position.
- 😊 If your infant is not ready to stand by pulling herself up, allow her to remain on the floor. Eventually she won't even need furniture to help her and she will take her first exciting step! Once she is walking, balance and speed will gradually improve.

## ? What do I need to know before I start?

- 😊 All activities are for boys **and** girls.
- 😊 It is the **order** in which they gain body skills that is important, not **the age** that they gain them.
- 😊 Remember, when children are active, stay around them to **keep them safe.**

# Activities for Toddlers

## He ngohe mā ngā Tamariki Nohinohi



These activities can also be done with young children.



Keeping them safe, while still allowing them to try, is important.



Remove sharp objects, loose rugs and slippery floors from their path and let the floor and the outside environment be their gymnasium.

**I learn to walk  
confidently by  
walking and  
exploring the  
world around me.**





➤ Stop to pick up objects like twigs or leaves (this helps to develop balance).

➤ Bend and straighten his knees – bob up and down.

➤ Walk barefoot over different surfaces. Make a pathway of things like bubble wrap, sandpaper, egg cartons and feathers.

➤ Walk outside on the concrete, grass, dirt, in mud and talk about how they feel on your child's feet and on yours.



➤ Have her stand on **your** feet and walk.



➤ Walk up and down stairs.

More activities you can do with your toddler, next page ➤

## More activities to do with toddlers



When you are playing chasing games, it's nice if you get chased too.



There is often only one speed for some children – top speed!



They are always in a hurry, so it is important that they are given the space to move.

**I learn that  
I can run.**





▶ Chase her around the house, outside in the garden, around a tree, up the path, and around the dining table or the couch. Change direction often.



▶ Support her as she walks along raised surfaces e.g. low garden walls.






# Activities for Young Children

## He ngohe mā ngā Kōhungahunga

- 😊 These activities can also be done with toddlers.
- 😊 Keeping them safe, while still allowing them to try, is important.
- 😊 Remove sharp objects, loose rugs and slippery floors from their path and let the floor and the outside environment be their gymnasium.



**I learn to walk confidently by walking and exploring the world around me.**





▶ Walk backwards and sideways.

▶ Walk up and down steps and try teaching him to turn and come down backwards.

▶ As she grows, go on longer discovery walks. This helps build up stamina and fitness as well as enjoyment of the environment.

▶ Enjoy a walk together collecting kai.



▶ Make up silly walks together.

More activities you can do with your young child, next page ▶

## More activities to do with young children

- 😊 When you are playing chasing games, it's nice if you get chased too.
- 😊 There is often only one speed for some children – top speed!
- 😊 They are always in a hurry, so it is important that they are given the space to move.
- 😊 Keeping them safe, while still allowing them to try, is important.

**I learn that  
I can run.**





▶ Chase him to bed, to clean his teeth or to get the mail.

▶ Play chasing games with the whānau.

▶ Place a scarf into the elastic at the top of his trousers. Chase him while you attempt to grab the scarf.



▶ Play music. When the music stops, she tries to be still.

▶ Run up and down gentle slopes. Make sure there is a safe place to land when coming down!

More activities you can do with your young child, next page ▶

## More activities to do with young children

I learn to jump,  
spring and bounce  
off the ground.





▶ Bob up and down to music. (This is the first movement to learn when learning to jump.)

▶ Many children enjoy the bounce they get on a bed or sofa (if you don't mind your child doing this). Support her arms as she jumps up and down.

▶ While folding the washing, lay the socks on the floor a little apart. Ask him to jump over the socks. Count them as he jumps.

▶ Put a sock (or similar) on the floor. Have her stand on the sock and jump her feet wide and back onto the sock again.



▶ Older children may like to try jumping backward and sideways. Try making a challenge course of things around the house to jump over in different directions.

More activities you can do with your young child, next page ▶

## More activities to do with young children

- ▶ Put a towel on the carpet (or other non-slip flooring) and try helping him to jump into the middle, onto a corner, jump backwards off the towel etc.

- ▶ Support her hands and help her jump off low heights onto the ground e.g. off a low wall.



- ▶ Go for a walk and have him jump over cracks in the footpath and over (or in) the puddles.





▶ Dance and jump to music.  
This can be enjoyed by groups  
of children and adults too.



# ? Where do I go for more information?

😊 This brochure is one of a series of 16 Active Movement resources:



**Acknowledgements** SPARC (Sport and Recreation New Zealand) express their sincere appreciation to the people and organisations who have contributed both directly and indirectly to this Active Movement resource.



Further information can be found on the SPARC website or call 0800 ACTIVE (0800 22 84 83).

[www.sparc.org.nz](http://www.sparc.org.nz)