



## Meet Fun Time Freddie!!

Children of pre school age who are capable of walking should be active daily for at least 180 minutes (3 hours); this should be spread throughout the day.

If you do not have a lot of space or it's raining outside here's some fun activities you can do with your child.



### Keepy-Uppy

How many times can your child push the balloon up in to the air without letting it touch the floor.

Take turns with your child batting the balloon back and forth.



### Throwing & Catching

Using a pair of socks, roll them into a ball and use them to develop your child's throwing and catching skills.

Stand closer together and use the underarm throw then further apart and the over arm throw.



### Jumping Stars

With help from you to keep them safe how many shapes can your child make whilst jumping off the sofa/ chair on to the floor?  
Can they land safely on both feet?



### Battleships

Using plates and bowls on the floor roll up some socks and throw the socks towards the targets.

When the socks land in or on a target remove it until there's none left.