



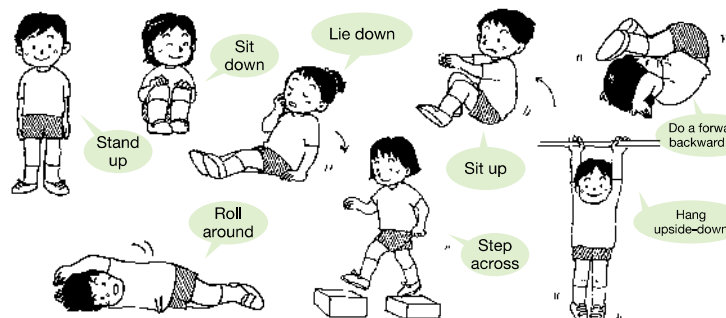
## Various physical activities

Help your child enjoy physical movement through various physical play and activities.

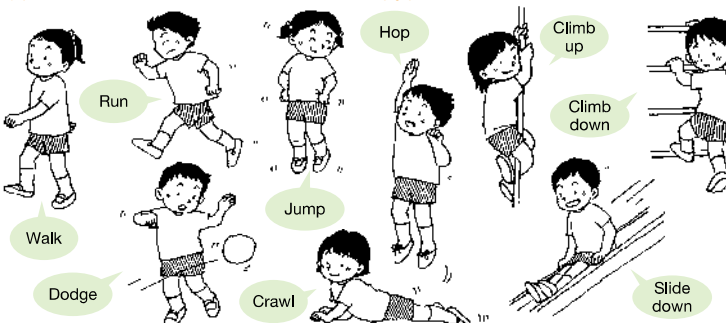
Children can naturally acquire various movement skills through a variety of physical play and activities. Create opportunities for your child to experience the enjoyment of playing through physical movement.

### Basic movements

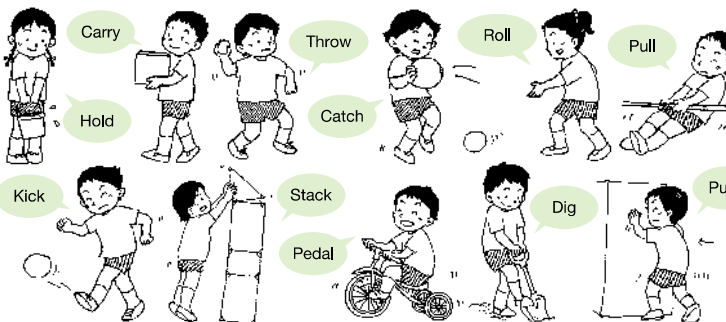
#### Balance



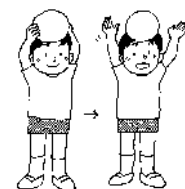
#### Moving the body



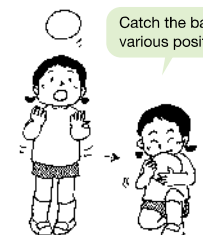
#### Controlling objects



### Let's play at home



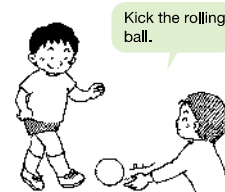
Put the ball on your head, then let it go.



Catch the ball in various positions.



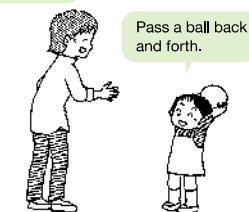
Kick the ball freely.



Kick the rolling ball.



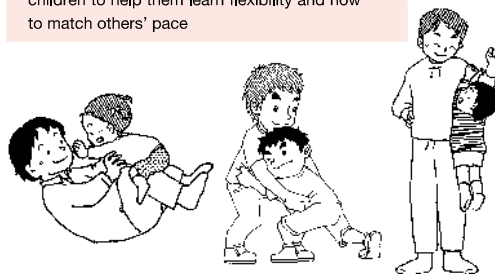
Drop the ball and kick it.



Pass a ball back and forth.

### Making a ball at home

Engage in plenty of physical play with children to help them learn flexibility and how to match others' pace

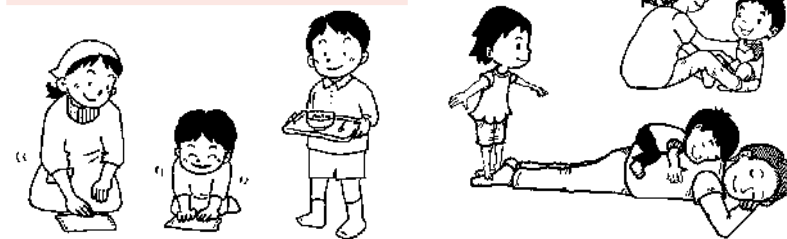


It may be difficult to play using a big ball at home or at the neighboring park due to various constraints. We recommend that you make a ball by crushing a newspaper into the shape of a ball and taping it all around; it does not roll easily and will not hurt if it hits you.



Stretching while talking with children is a way of incorporating physical interaction.

Children can also experience various body movements through helping with housework, such as wiping the floor with a wet cloth and setting the table.



○Physical activity guide for children in early childhood for fun daily physical activities (Ministry of Education, Culture, Sports, Science and Technology, 2013)