

4. follow the leader game – incorporate walking backward, jumping, side-stepping, twirling, jogging, etc. If you can add in some creeping, climbing, and whatever else you can think of.
5. pretend games – be a rocking chair (sit and grasp ankles then rock body forward and backward), snowball (child curls up like a ball with arms wrapped around legs you roll them in various directions), flower (start in bent-over squat position and slowly unbend to standing to bloom then wilt again).
6. wheelbarrow walk – walking on the hands while the legs are held.

### **5 years and up**

1. jumping skills will progress to jumping rope, jumping jacks, skip-it's.
2. mobility skills will progress to coordinated skipping, marching, and galloping.
3. animal walks – kangaroo hop (jumping with feet together), crab walk (sit on floor with knees bend, lean back on arms and lift bottom of the ground, walk sideways), frog jump (squat down with hands between the legs and jump forward landing in the same position), elephant walk (bend forward at hips with hands together for the trunk and stomp-walk).
4. play “Simon Says” – the rules are as follows: the leader (Simon) gives instructions on what to do beginning with “Simon Says ? (touch your nose) and everybody follows them, including “Simon”. Sometimes Simon tricks the group by calling out instructions and doing them without first saying the words, “Simon Says”.
5. swimming
6. catching medium and small balls when bounced and tossed.