

Junior Fun Activities

3 to 5 Years

RACING FUN

START

FINISH

Materials Required

- 1 A basket/bag
- 2 A cap
- 3 Some light objects

Objective

Helps to develop gross motor skills.
Encourages the child to follow simple instructions.

Let's play

What to do?

- 1 Choose an area for the race
- 2 Decide on the start and finish point
- 3 The race must be with at least one parent/sibling.
- 4 Place the cap a few steps ahead of the start line, the basket a few steps ahead of the cap and the chosen object a few steps ahead of the basket (at regular intervals)
- 5 At the word go, participants
 - Will run a distance.
 - Wear the cap kept on the floor.
 - Run some more, pick up the basket.
 - Run ahead and pick up an object and put it in the basket.
 - Run to the finish line!

Note:

If space is a constraint then let the race be a walking one.

