



# Physical Activity Tips in Early Childcare

COVID-19 Training Highlights

## Keep Kids Safe

Consider these characteristics when choosing an activity



Movement



Duration



Group Size



Proximity



Touch



Respiratory Output



Congestion

### Best Practices

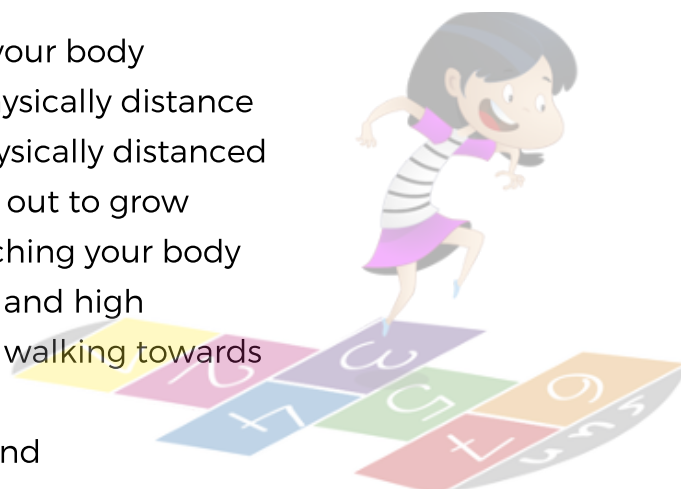
- Create a weekly physical activities plan
- Clean, disinfect and sanitize toys more diligently
- Organize furniture to allow for more space

| Descriptor         | Lower Risk         |
|--------------------|--------------------|
| Movement           | Directed           |
| Duration           | <15 Minutes        |
| Proximity          | >6 Feet            |
| Group Size         | <Recommended Limit |
| Respiratory Output | Normal             |
| Touch              | Low                |
| Congestion         | Low                |

## Keep Kids Happy

### Low-Risk Activities

- **Wiggle & Shake:** Wiggle and shake every part of your body
- **Simone Says:** Move while children imitate and physically distance
- **Practice Your Walk:** Walk with children while physically distanced
- **Grow Like a Tree:** Children scrunch up and reach out to grow
- **Stretch:** Turn on some relaxing music, while stretching your body
- **Jump:** Practice your jumping skills by jumping far and high
- **Count Steps:** Choose a spot and count your steps walking towards an object
- **Robot Moves:** Pretend to be a robot walking around



## Resource Links

[Fit Kids English/ Spanish](#)

[Sesame Street Workouts](#)

[Indoor & Outdoor Activities](#)