



Physical Skills Challenge

Move, talk, and discover what your body can do.

Helps Your Child Grow



Sense of Identity and Belonging

Trying different movements and saying “I can...” helps your child recognize and express what their body can do.



Gross Motor

Acting out a variety of movements in a “body skills challenge” gives your child practice using large muscles in different ways.

Steps

- Hold a Physical Skills Challenge and see how many interesting movements you and your child can do. With each action, say, “I can...”
- Begin with an animal-action round. Follow the animals in the picture book *From Head to Toe* - for example, arch your back like a cat and say, “I can arch my back.”
- For the second round, take turns inventing movements for the other person to copy. Give a sticker for each movement completed.
- Demonstrate first: “I can hop on one foot. Can you?” Invite your child to say the words and try the movement.
- Then let your child create a new challenge for you.
- At the end, look at the stickers together, remember the movements, and celebrate how much your child’s body can do.

Tips

- If your child cannot think of a new movement, prompt them with a body part: “What can your hands do?” Or offer choices: “Can you spin or squat?”
- If you do not have a picture book, imitate familiar animal movements or begin with the second challenge.

Observations

- Names something their body can do
- Attempts a challenging movement, such as hopping on one foot