



Challenge 7

Walk, run, climb and balance

Ride a bike

Catch a ball using both hands

Top Tips

Prepare your child for physical activities by encouraging lots of outdoor play independently and with other children.

Play ball games that involve rolling, catching, throwing and kicking. Encourage them to run around, balance on a bike or go down the slide at the park. These activities will help hand/eye coordination and develop good balance and muscle strength.