



Painted Playground Activities



St. Joseph Health 
St. Jude Medical Center



CENTER FOR
Healthy kids
& Schools

A Guide for
Grownups





Fundamental Movement Skills

The activities in this guide are intended to help preschoolers learn fundamental movement skills or gross motor skills for healthy growth and development. These skills are important for future physical activities and sports, too.

Balance

Hop

Reach

Stand

Throw

Turn

Bend

Run

Tiptoe

Jump

Stretch

Twist

Clap

Sit

Toe Touch

Leap

Squat

Walk

Climb

Skate

Toss

March

Sway



Zig Zag
Line

Zig Zag Line



Walk

Place one foot in front of the other & walk forward. Stay on the line. Try walking sideways on the zig zag line. Use both left & right sides.

Tiptoe

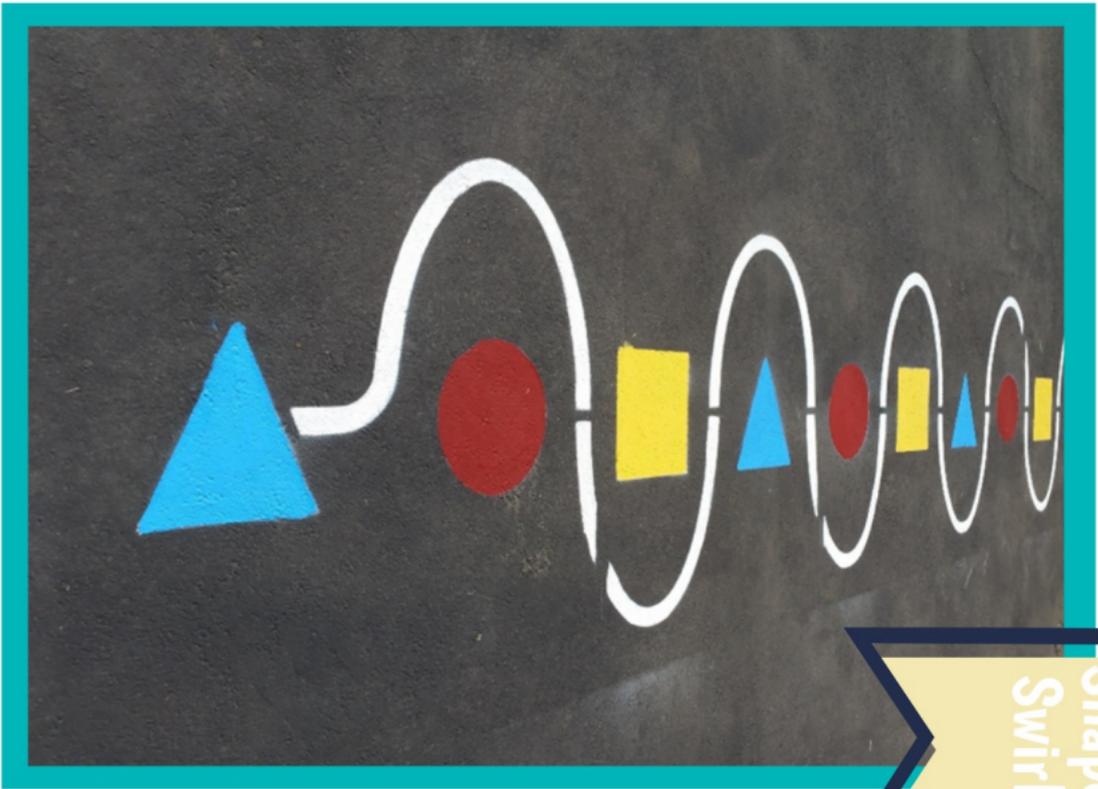
Tiptoe on the zig zag line. Stay on the line.

Jump, Hop

Stand in an angle & jump over. Turn around & jump over again. Try hopping next.

Toss

Toss a bean bag to land on the tip of the angle. Do this lengthwise or horizontal.



Shape Swirl

Shape Swirl



Walk

Walk on the swirly line from end to end.

Tiptoe

Tiptoe on the swirly line from end to end.

March

March on the swirly line from end to end
(walk with big knees up).

Toss

Toss bean bags into the shapes. Use colored bags & toss onto the same color shapes.

Balance

Stand on one leg & balance inside a shape.

**Walk, Jump,
Hop**

Walk, run in place, march, jump, hop, leap, tiptoe, touch toes, & squat on a shape.

Use the swirl horizontally. Have children face a shape & do simple skills like balance on, leap over, & tiptoe around. Then combine two skills, like march in place & clap your hands.

Shapes



Balance

Jump

Climb

Walk

Hop

Run

Sit

Squat

March

Tiptoe

Toe Touch

Stretch

Twist

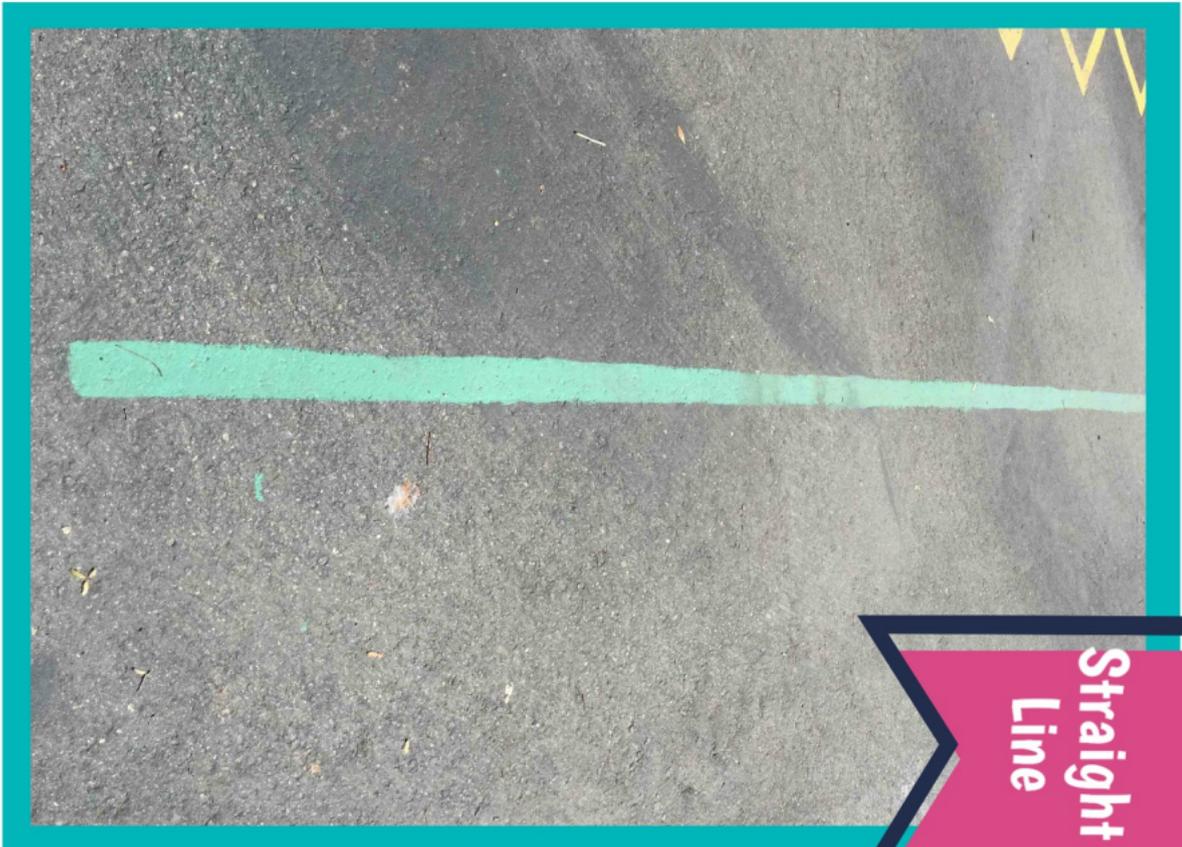
Bend

Sway

**Ask children
what shape they
are on & what
color it is.**

Ask children to stand on a shape. Choose a skill & ask them to do this skill on the shape.

Ask children to move around the shapes then find a new shape to stand on. Choose a new skill. Repeat.



**Straight
Line**

Straight Line



Walk

Walk forward on the line end to end. Try backwards & sideways. Stay on the line.

March

March on the line end to end.

Tiptoe

Walk on tiptoes & stay on the line.

Jump

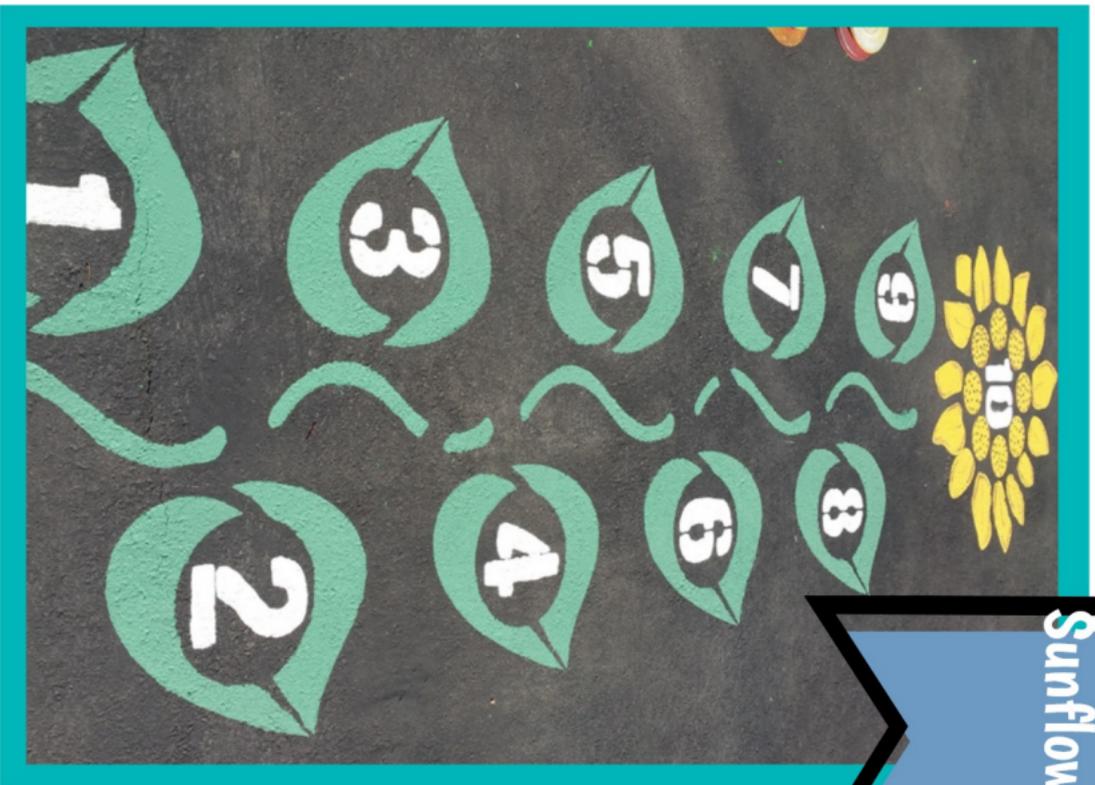
Face the line & jump over.

Hop

Hop over the line. Hop on the line.

Leap

Face the line, jump over & land on one foot (2 feet to 1 foot). Turn around, repeat.



Sunflower

Sunflower



Toe Touch

Each time a child steps on a leaf or petal, reach down & touch toes the number of times on the leaf.

Balance

Stop in a petal & balance on one foot. Try the other foot.

Tiptoe

Walk up the stem on tiptoes. Tiptoe on each petal.

Walk

Walk up the stem placing one foot in front of the other, heel to toe.

Reach

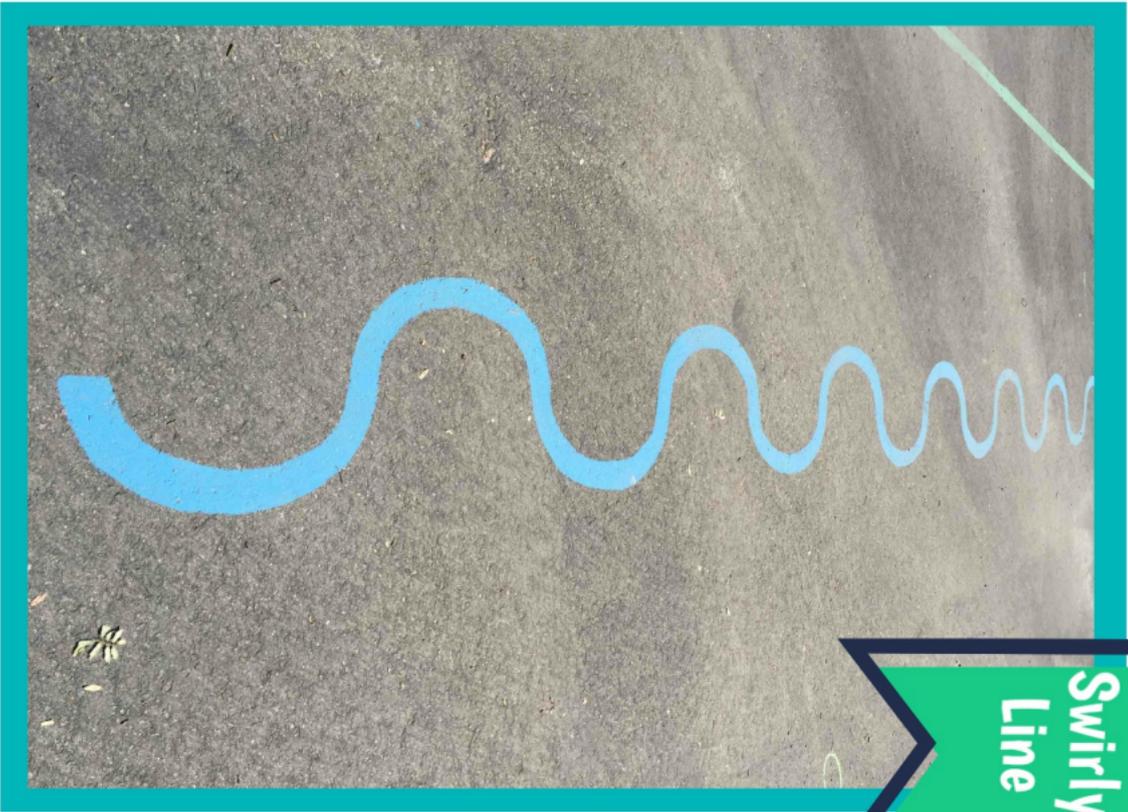
Stand on #10. Touch each one of the small circles with both hands. Try reaching the outer petals using both hands.

Toss, Hop, Jump

Stand at the bottom of the stem. Toss a bean bag into a petal. Hop or jump to pick up the bean bag. Repeat.

Skate

Move from leaf to leaf using one foot at a time (left foot in 1, right foot in 2, left foot in 3). Go faster when it is easy.



Swirly
Line

Swirly Line



Walk

Walk on the swirly line putting one foot in front of the other.

Challenge: walk backwards or sideways.

Tiptoe

Walk on tiptoes on the swirly line.

Jump, Hop

Stand in one curve & jump into the next curve without touching the line. Repeat the length of the swirl.

This can be done with a group of children, each one standing in a curve. Step, jump, or hop over the swirly line.



Target

Target



Toss

Toss bean bags at the center of the target, when the target is on the ground.

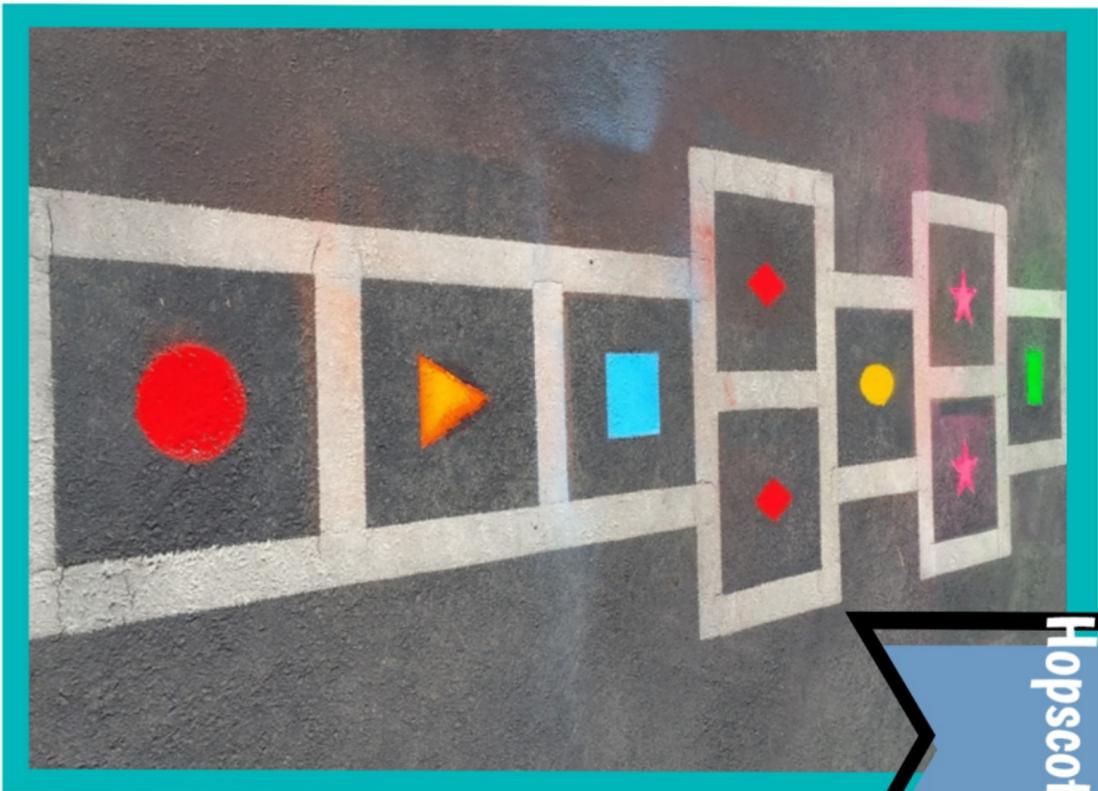
Throw

Throw wet sponges at the target when it's painted on a wall.

Jump & Reach

When target is on the wall, have child jump up & reach fingers toward target center. Try reaching with right arm, left arm, both arms.

Dampen fingertips with water or use chalk so the child can see where she/he touched.



Hopscotch

Hopscotch



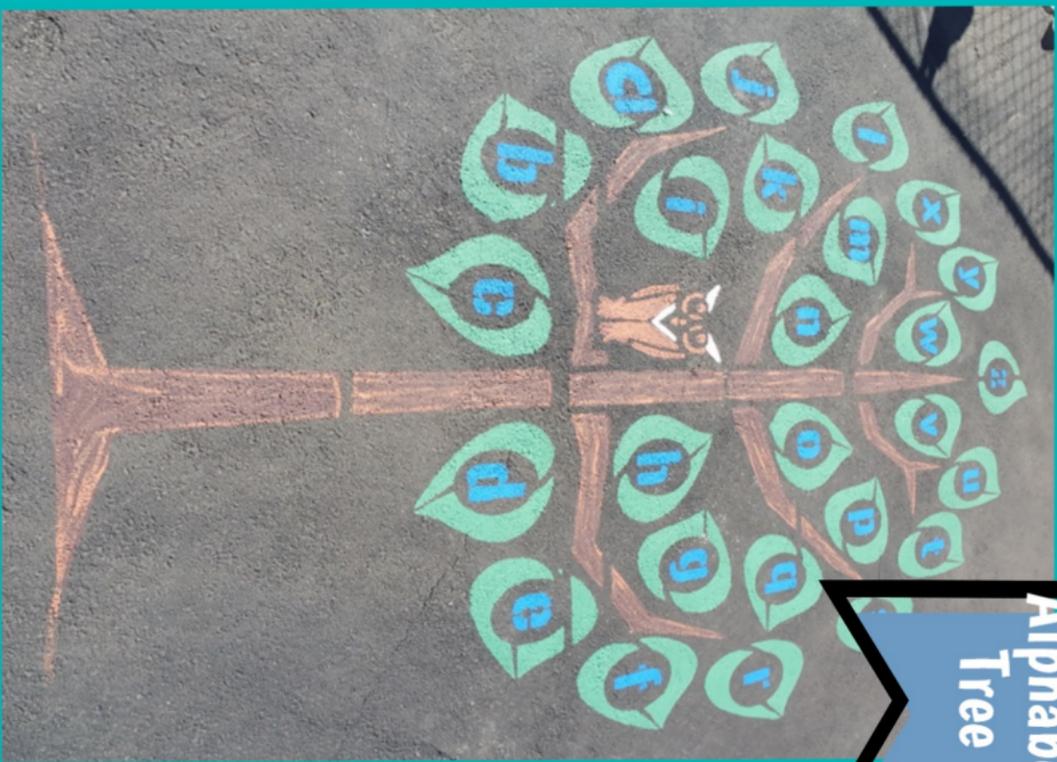
Toss & Bend

Toss a bean bag into a square. Hop to that square. Bend over, pick up the bean bag, & repeat.

Hop

Use dice. Roll one & hop that number of squares. For example, you roll a 3, so hop to the blue square. Roll again & repeat.

Make shape cards. Choose a card & hop to that shape. Choose again & repeat. Substitute these skills for hopping: jump, leap, run, walk.



Alphabet
Tree

Alphabet Tree



Climb

Pretend to climb up the tree trunk.

Tiptoe

Tiptoe onto the branches. Find a leaf & stand very still on it.

Reach

Stand on a leaf and reach hands up to the sun.

Sway

Stand on a leaf and sway like a leaf in the wind.

Fall

Fall off the tree & scatter in the wind.

Walk, Hop, Jump

Have children walk, jump, or hop from leaf to leaf in alphabetic order.

Make cards for letters A-Z. Have each child choose a card & go to that letter. Have them: balance, toe touch, squat, & more.



**Alphabet
Snake**

Alphabet Snake



Walk

Tiptoe

Jump

Hop

Bend

Toss

Start at the letter "A" & walk from "A" to "Z", stepping on the letters only. Try to tiptoe, jump, & hop.

Start at letter "A". Toss a bean bag & hop to the letter it lands on. Bend over, pick up the bean bag, & repeat until the child reaches "Z".

Try walking from "A" to "Z" by stepping on either side of the letters (straddling).

Stand on any letter. Jump up & land with each foot on a segment (like jumping jack legs). Repeat.

Make alphabet cards if many children are playing. Have them choose a card & find their letter using different skills.

Glossary



Balance	Stand on one foot	Skate	Step right, then left on a slight diagonal
Bend	At the waist	Squat	Touch toes, bend knees, drop bottom down
Clap	Both hands	Sway	Hips & arms side to side
Glimb	Knees up, arms overhead	Swing	Arms back & forth
Hop	1 foot	Throw	Over hand
Jump	2 feet	Twist	Under hand, palm up
Leap	Jump from 2 feet to 1 foot	Toss	Rotate at waist
March	Big knees & bent elbows	Toe Touch	Straight legs, touch toes

Acknowledgments



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Arlene Turner, MS, Content
Dareen Khatib, MPH, RD, MCHES Contributor
Alexa Frunzi, Creative content
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