Active Play at Home!  
Getting Your Patients Moving

THE FITT PRINCIPLE

- **Frequency** – daily  
- **Intensity** – heart rate measurement  
- **Time** – bursts of activity throughout the day  
- **Type** – any fun activity to emphasize fundamental movement skills

A HAPPY HEART

- Have child place a hand over their heart and ask, “*What do you feel?*”  
- Explain, “*That is your heart beat! When the body is at rest it beats slow.*”  
- Do a short activity to increase the heart rate. Try jumping or running.  
- Explain, “*Your heart beats faster when your body is working harder! You have a Happy Heart!*”

When a child is active they may breathe harder. They may feel warm or even sweat. This is great! It shows a child is moderately to vigorously active.

FUNDAMENTAL MOVEMENT SKILLS

The building blocks of all movement:

- **Locomotor** – moving through space, i.e. walk, run, jump, hop  
- **Manipulative** – control of an object, i.e. catch, throw  
- **Stability** – control of one’s body, i.e. bounce, balance

Remember these simple Fundamental Movement Skills can be done in small spaces.