



Welcome to Our Adventure!

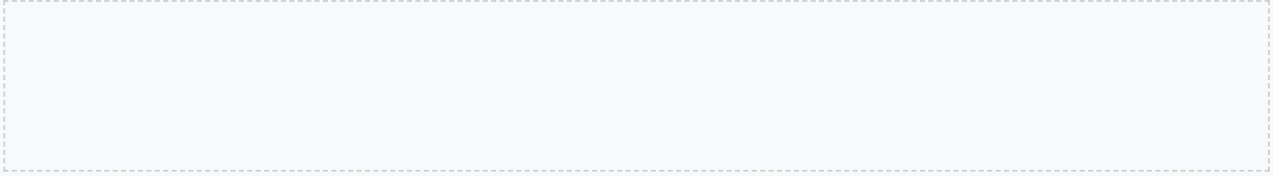
This workbook is designed to introduce 4-year-old children to the world of fun physical activities. Through engaging and interactive games, we will explore fundamental movement skills, creativity, and social interaction.

Getting Started

What is your favorite physical activity? Draw a picture of yourself doing something active!

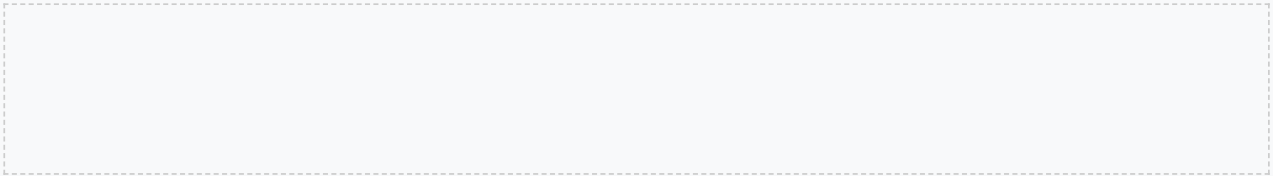
Movement Skills

Can you run, jump, and throw a ball? Try these movements and draw a picture of yourself doing each one!



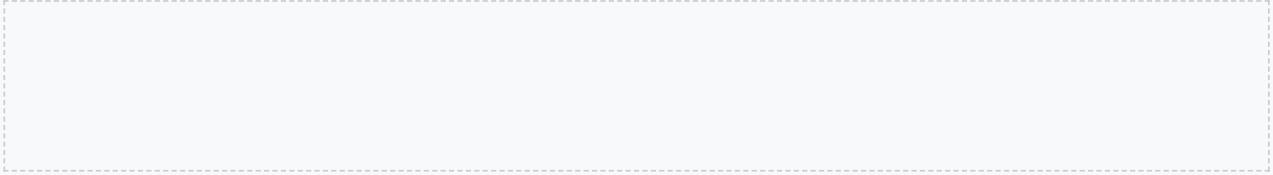
Teamwork

What does it mean to work together as a team? Draw a picture of you and your friends playing a game together!



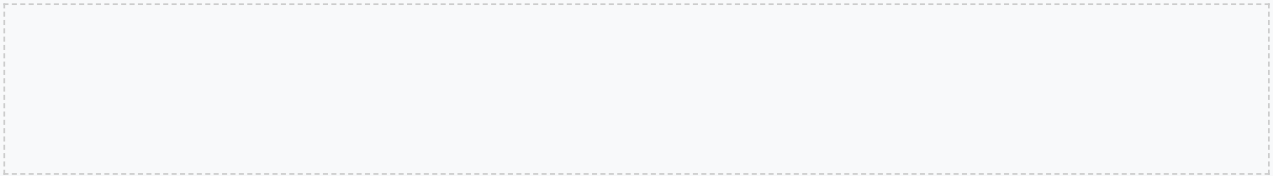
Obstacle Course

Can you navigate through an obstacle course? Draw a picture of an obstacle course and label each challenge!



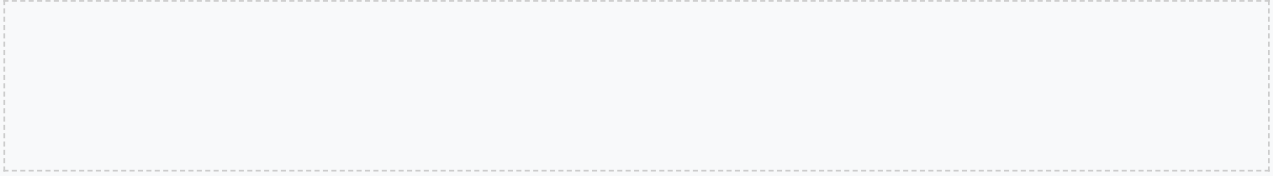
Safety First

What are some safety rules we should follow during physical activities? Draw a picture of a safety rule and explain why it's important!



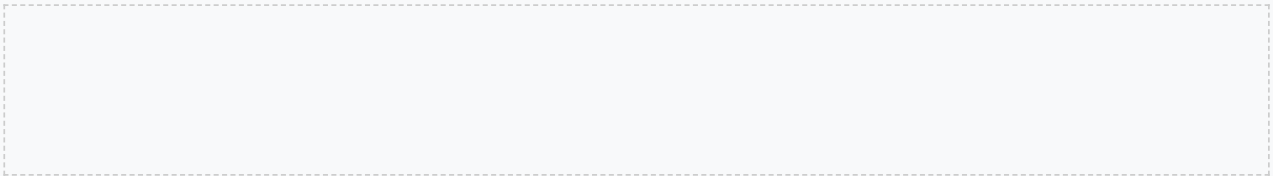
Creative Movement

Can you move your body in different ways? Draw a picture of yourself doing a creative movement, like twirling or spinning!



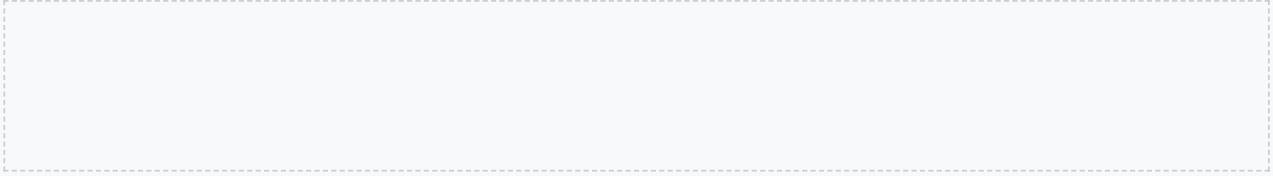
Scavenger Hunt

Can you find objects in nature that are related to physical activity? Draw a picture of an object you found and explain why it's related to physical activity!



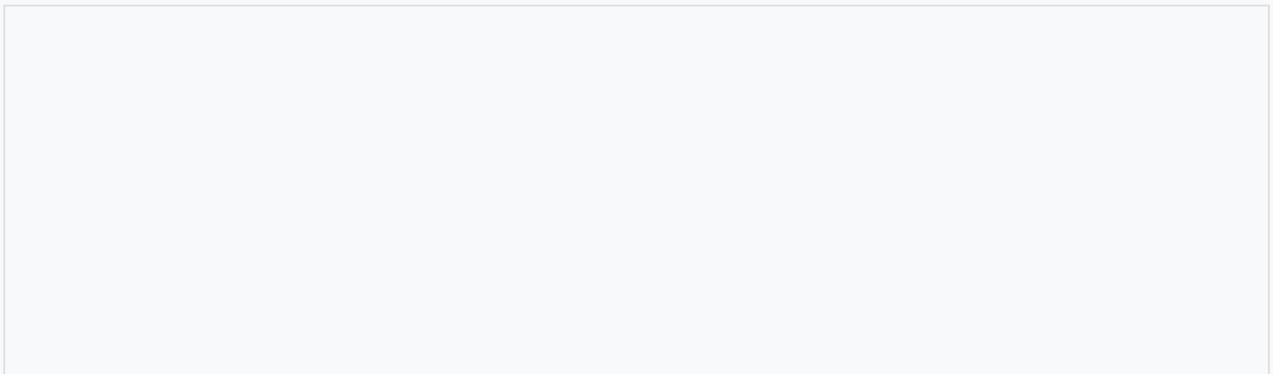
Reflection

What did you learn about physical activity today? Draw a picture of your favorite activity and write a short sentence about why you enjoyed it!



Word Search

Find the words related to physical activity in the word search below!



Certificate of Completion

Congratulations on completing our introduction to fun physical activities! Draw a picture of yourself doing something active and write a short message about what you learned!

