



These games support your child in progressing from confident walking to running with purpose. They will help your child to develop core strength and muscle and hone spatial awareness.

FOLLOW THE TRAIN TRACK

PURPOSE OF GAME:

Balance, cognitive challenge, muscle development, core strength

HOW TO PLAY:

1. The child imagines they are driving a train through the town.
2. The train track is long and straight.
3. The adult 'waits at the station' standing about 20 steps along the path from the child.
4. The child must scoot in a straight line to the station and stop to collect the adult.
5. The adult 'gets on the train' running along behind the child, encouraging all the way, for another 20 steps, towards another 'stop'.
6. When the child reaches the second 'stop' the train comes to a gentle stop and the adult 'gets off'.



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PRODUCTS MOST SUITED TO THIS STAGE:



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