

## Physical Education

- The child experienced balance and coordination while sliding down the hill on their belly, engaging their core muscles and developing body control.
- By choosing the path and adjusting their body position, the child enhanced their spatial awareness and problem-solving skills.
- The activity promoted gross motor skills and physical fitness as the child used their body to navigate the slope.

Encourage the child to explore different terrains and angles for sliding activities to further develop their spatial awareness and motor skills. Introduce variations by having them slide on different surfaces such as grass, sand, or snow to enhance their sensory experiences.

## Book Recommendations

- [The Outdoor Toddler Activity Book](#) by Krissy Bonning-Gould: A resourceful guide full of creative outdoor activities for toddlers, including ideas for safe and exciting belly sliding adventures.
- [Move, Play, and Learn with Smart Steps](#) by Gill Connell and Cheryl McCarthy: This book offers expert advice on how children can learn and develop through movement and physical play, incorporating activities that promote balance, coordination, and spatial awareness.

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