

# let's get moving

toddler  
(walking - 3 years approx)



## 06 dance with me

Read stories that encourage young children to carry out some actions during the story.

Examples include:

- Sometimes I like to curl up in a ball by Vicki Churchill and Charles Fuge
- The sheep gave a leap by Hilda Offen
- As quiet as a mouse by Hilda Offen
- A fox got my socks by Hilda Offen
- Fred and Ted's Treasure hunt by Hilda Offen
- Little chick by Amy Hest
- Giraffes can't dance by Giles Andrease and Guy Parker-Rees
- Jolly Olly Octopus by Tony Milton and Guy Parker-Rees
- Fizz and Friends come out to play (Toddler set) [www.youthsportdirect.org](http://www.youthsportdirect.org)
- Use action rhymes and nursery rhymes to practise a wide range of whole body movements.
- Moving to music and sounds (bells, musical instruments).



## 08 i CAN do that

Walking activities

- **Up and down stairs** (with assistance if necessary).
- Walking to transport a toy.
- **Walking for longer distances** (to and from the setting; to local venue from setting).
- **On different surfaces** (without shoes), e.g. grass; carpets; hard floor.



## 07 i CAN do that

Jumping activities

- Jumping on different colour spots/carpet squares.
- **Jumping up to catch bubbles**, a scarf, hit a dangling object.
- **Jumping over paper wands** (height) and two parallel ropes 'a river' (distance) and into a hoop 'pond'.
- Jumping **from a box/bench and landing safely**.
- Jumping over elastic; chalk lines.
- Jumping to music.



## 09 i CAN do that

Balance activities

- **Walking along different lines and equipment** which challenge balance. These do not need to be high, and can be set up to provide a developmentally appropriate challenge depending on child's ability.
- Equipment could be: chalk or marked lines to walk along; planks of wood; log; wobble boards; balance bikes.



## 10 i CAN do that

### Construction activities (lifting, carrying, building, stacking, moving)

- Wooden blocks, buckets and sand, cardboard boxes, blankets and pegs with chairs to **make dens**.
- **Piling up crates/boxes**, knocking down and re-building in a different place (lifting, carrying and stacking. Building dens using different furniture, blankets and pegs [adult assistance may be required]).
- **Using natural materials to construct a trail** and following it (with adult help), e.g. twigs, stones, leaves.



## 12 everyday activities

- Walking, scooting to early years setting
- **Climbing stairs every day**
- **Tidying up toys**, shifting objects and clearing up what has been left out.
- **Sweeping up** sand and leaves
- **Self care activities** – dressing, buttons, putting on and taking off shoes.
- At home: **Helping with chores** – pulling washing out of machine, carrying shopping or objects when tidying away, dragging items, wringing out face cloth.



Pulling washing out of machine

## 11 i CAN do that

### Catching

- Use different objects and equipment to **practise catching**, e.g. chiffon, bubbles, balloons or balloon ball; ribbons, koosh balls, beans bags, foam textured balls – large spherical and smaller soft rugby balls.



## equipment ideas

- Scarves
- Bubble mixture
- Playground markings
- Wheeled vehicles – balance bikes, tricycles, scooters, buggies
- Fixed play equipment
- Natural resources – wood stumps, logs, planks, stepping stones, leaves, twigs, pine cones, conkers
- Paper wands, streamers, ribbons, lycra
- Parachute
- Ball pool
- Paddling pool
- Balls of various sizes and textures
- Every day household objects – saucepans, pots, containers, spoons, whisk, baking objects, cloths
- Musical instruments
- Story books which encourage movement
- Nursery rhyme books
- Construction materials – Duplo, wooden blocks, natural materials, blankets and pegs (to make dens), cardboard boxes, buckets and sand
- Tunnels
- Carpet squares
- CD player and music
- Messy play materials

For more information refer to chapter 8 in the Physical Activity Guide  
Download here - <http://bit.ly/T6qYa5>  
or visit [www.leicestershirehealthy tots.org.uk](http://www.leicestershirehealthy tots.org.uk)

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