

let's get moving

If some of your children are not ready for the activities below refer to the activities listed within the toddler section as they will still be appropriate.

pre-schoolers
(3-5 years)



01 games

Playground games including:

- Playground marking that stimulate specific games e.g. hopscotch
- Equipment such as
 - hoops: rolling and doing tricks with them
 - balls: hanging balls and hoops from a rope at different heights to encourage a range of skills
- wheeled vehicles
- equipment boxes
- Zones that encourage specific physical activities

Ball games



03 games

Target games

- Rolling and retrieving a ball
- Ask children to select from a variety of balls, to roll it, chase after it, collect it and return to same spot with it. How far can you roll the ball?
- Can the children roll the ball [large or small] straight to a partner. Start off a short distance from each other and slowly extend the distance between the two children
- Can they roll a ball [large or small] at a target such as a box, a set of skittles [small water bottles will do]. Start off with a short distance and gradually increase the distance they can roll the ball to a target

Corner games

- Beans, Sharks, Duck, duck goose, Follow the leader
- See also <http://www.childcarelounge.com/activity/cooperative-games.php>



02 games

Chasing games such as

- Tag
- Catch my Tail
- Freeze tag
- Shipwreck tag
- What's the time Mr Wolfe?
- Blind man's bluff

Cooperative Games

- Parachute games
- Ball in blanket



04 music, movement and dance

In music and movement we are trying to encourage children to develop

- Responsiveness to music
- Expressiveness in moving with and to music
- Sensitivity to Rhythm
- Generating different movement patterns
- Progressive development of body control of different movement patterns

In addition, if children watch older children moving confidently to music this can inspire them to copy and excite them to try it themselves.

Musical Statues - Musical Bumps - Musical Cushions

TOP TIP: Rather than have children 'being out,' allow them to dance in a different area.



05 music, movement and dance

Dancing to music, instruments and sounds

- There are numerous forms of dance associated with music and movement that practitioners can utilise.
 - Mime
 - Mirror to music
 - Ribbon dancing
 - Style of dance such as line dance, country dance, bhangra, kathaak, bollywood
 - Dancing with large scarves
- Using Instruments – moving to music



06 music, movement and dance

Action Rhymes [Learning to observe, copy, repeat and remember movements]. Encourage regular practice of nursery rhymes and action rhymes. Let children choose and lead their favourite ones.

- The Farmer's in His Den
- Here We Go around the Mulberry Bush
- London Bridge is Falling Down,
- The wheels on The Bus

Story Books and Poems. [Learning to use movement to respond imaginatively and express ideas and feelings]

- Going on A bear Hunt,
- A Rumble in the Jungle....



- **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 Andreade and Guy Parker-Rees
 - Jolly Olly Octopus by Tony Milton and Guy Parker-Rees
 - Fizz and Friends come out to play [Pre-school set] www.youthsportdirect.org

Alternatively, **make up a story that includes animals and encourage the children to act out moving around and being the animals.**

This could be a story about a visit to a farm, or a holiday to the jungle, e.g. on a farm – galloping like a horse, rolling like a pig in the mud, being chased by a bull, trying to catch a chicken, jumping off hay bales, driving a tractor, riding on a pony or in the jungle – prowling like a bear, climbing like a monkey, flying like a butterfly, crouching or crawling under branches or through bushes, high knees through a swamp, jumping over logs, running away from a tiger, tip toeing past a snake, or swatting flies.

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

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