

let's get moving

toddler
(walking - 3 years approx)



01 out and about

- Visit local green open spaces, woods – to explore surroundings and provide variety.
- Set up a wheeled vehicle area but ensure that this is not dominated by some children at the expense of others
- Play run and chase games e.g. tag. Let children chase you. Tuck scarf into back of clothes (waistband) and run around, some children will try to catch up and to pull out scarf.
- Provide space for children to run around freely on different surfaces and play with different small equipment, e.g. skipping ropes, balls.

Visit the local playground to use fixed play equipment, e.g. climbing frames, slides, swings etc. Encourage children (where possible) to walk to the playground [or part-way].



03 play with me (part 1)

- Set up an area or zone for ride-on toys and tricycles.
- Use paper wands to:
 - strike at objects
 - pick up objects (soft and hard) with two wands
 - jump over for height and distance.
 - Balance things
 - Pick up and transfer to someone else
- Play with ribbons attached to a stick
 - Throwing and catching scarves (on your own or with someone else).



02 play with me (part 2)

- Let children crawl - over adult, over cushions, under tables & chairs, through tunnels, across tarpaulin outside.
- Walk on lots of different surfaces, e.g. grass, slopes, sand, footpaths, gravel.
- Have plenty of push and pull equipment available, e.g. wheeled toys and lycra for pulling.
- Parachutes – hold and pull, crawl underneath, shake balls on top, walk around in circle (change directions).
- Blow bubbles for children to chase.
- Objects to hold, wave, shake, bang, throw, hit or catch, e.g. various balls (see ball play above for ideas), streamers, plastic bottle containing pasta or rice (lids firmly closed), pots, pans and various containers, cardboard tubes or paper wands.
- Objects to move over or climb, through or around, eg. tunnels, boxes, carpet squares, ball pools, tyres, plastic boxes, taped catalogues/directories, rough areas including natural materials – wood stumps, logs and planks, climbing frames, low branches, ladders, stepping stones.
- Activities to practise general body awareness picking up objects and releasing; passing objects from hand to hand, around the body/legs, receiving a rolled ball in two hands, then one; receive (collect) a self-fed rolled ball in two hands, [i.e. children roll a ball, run ahead of it and receive it in two hands], then one hand
- In summer paddling pools encourage children to sit and make splashes with their legs, stomp their feet.

Let children crawl; over adult, over cushions, under tables and chairs, through tunnels, across tarpaulin outside, up and down steps (use old catalogues/directories taped and covered in material).



Crouching – to pick up toys, choose objects from box, explore natural objects outside, dig with a trowel, collect and retrieve objects, sweep.



04 move with me

- **Roll a large ball close to child** and encourage them to bend and pick up and throw back.
- **Kicking** different sizes of balls
- **Catching a ball** (on own or with partner).
 - With a partner - use a large ball that is soft, e.g. beach ball or foam ball, stand facing child with small gap and have child make a basket with their arms, and gently throw the ball into their arms.
 - Bounce and catch a ball
- Hang balls at different heights. **Use hands, paper wands or small bat to strike with.** Position:
 - high to strike at overhead
 - medium to hit at waist height
 - low for kicking balls or striking,
- An **obstacle course** is a useful opportunity to give children the experience of different challenges and continuous movement. It provides opportunities to create levels for climbing.



Throwing:
Aiming at targets (on the floor, on a wall, skittles/plastic bottles or a bucket).
At an object and for distance
Towards a person to catch
Throwing and catching a ball or scarf thrown up in the air on your own or with a partner.

05 games we can play

- Play games with **playground markings** or use equipment to set up activities.
- **Imitation games**
- **Play games pretending to be different animals** - slither like a snake, get on all fours and move like a lion, stomp around like an elephant, move sideways like a crab, float around lightly like a butterfly, jump like a kangaroo. Make some picture 'prompt' cards to build anticipation
- **Mirror game** - sit or stand opposite children and get them to copy your movements, e.g. bending sideways, crouching down, hands above head, hands crossing the front of the body.
- **Provide a box of dressing up clothes**, shoes and props. Collect a range of different sizes of shoes (ordinary or fancy), boots and trainers and let children try them on (a different type of shoe or boot on their feet) and run around an open space. They can change as many times as they like

