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.

#### <sup>07</sup> balance

Balance is a crucial aspect of children's development.

Children can balance on different parts of their body or use different equipment, e.g.

- Balance on two feet
- Balance on one foot
- Whole Body: musical statues
- Carrying beanbags, ball and soft toys
- Line rope walking
- Stepping stones
- Balance boards
- Planks, beams, benches (for height)
- Balance bikes



# OB athletic equipment

Climbing, hanging and swinging using fixed equipment, ropes

- Jumping
- Throwing
- Wheeled toys and Balanceability
- Object control
- Rolling and retrieving
- Bounce and catch
- Catching
- Kicking
- Striking
- Running



# Open outdoor and adventure activities

- Rough and tumble
- Forest school activities
- Gardening
- Plan a nature walk in the nearby area and let children look for and collect items, eg, twigs, leaves, pine cones, pebbles etc. Encourage them to talk about what they find while they're walking.
- Roll hoops across an open area so children can practise running and catching a hoop.



## wake and shake activities

You can introduce a short bout of exercise with music during different parts of the day. The format for this approach is:

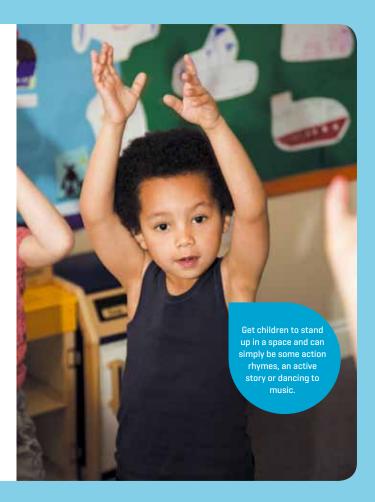
- A 10 minute bout of physical activity to start the day or interspersed throughout the day at the beginning or end of a session.
- Can be set up very quickly and does not require a lot of space. Children can be encouraged to stand in their own space.

#### Wake & Shake - useful websites:

A number of websites provide video clips to illustrate this approach such as:

- http://www.thegoodlife.uk.net/lets-get-physical/wake-upshake-up.html
- www.wakeupshakeup.com
- www.busybeeschildcare.co.uk
- http://www.take10.org.uk
- http://www.take10.org.uk/emc.html

[NB: Take 10 'walk through' video Tip - please try not to complete at the speed of the teacher. You will need to do it much slower so that all the children are not rushed].



### equipment ideas

- Beanbags
- Markers and cones
- Line markings shapes, colours, shapes, vehicle routes, lines, hopscotch, numbers, letters
- Chalk
- Scarves
- Ribbons on sticks
- Streamers
- Paper wands
- Cardboard tubes
- Lycra
- Kite
- Parachute
- Obstacle courses
- Soft play equipment
- Treasure hunts picture clues, objects to hide.
- Activity trails
- Bubble mixture
- Wheeled vehicles balance bikes, ride ons, tricycles, scooters, buggies,

- wheelbarrows
- Fixed play equipment
- Natural resources wood stumps, logs, planks, stepping stones, leaves, twigs, pine cones, conkers, pebbles, shells, sand, water, soil
- Parachute
- Ball pool
- Paddling pool
- Role play dressing up and props
- Balls of various sizes and textures
- Balls with bells
- Every day household objects saucepans, pots, containers, spoons, whisk, baking objects, cloths, pegs
- Musical instruments
- Story books which encourage movement
- Nursery rhyme books
- Climbing frames
- Rockers

- Dinosaur feet
- Stilts
- Skipping ropes
- Steps/benches/sturdy boxes/ milk crates
- Space hoppers
- French elastic
- Skittles (target practice buckets/baskets/bins)
- Construction materials –
   Duplo, wooden blocks, natural materials, blankets and pegs
   (to make dens), cardboard boxes, buckets and sand
- Tunnels
- Hoops
- Carpet squares
- CD player and music
- Messy play materials scissors, glue, play dough, aloop.
- Posting boxes
- Threading activities
- Pegging activities



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