

# 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)



## 07 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



## 08 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



## 09 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.



# 10 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-up-shake-up.html>
- [www.wakeupshakeup.com](http://www.wakeupshakeup.com)
- [www.busybeeschildcare.co.uk](http://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].*



Get children to stand up in a space and can simply be some action rhymes, an active story or dancing to music.

## 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, gloop,
- Posting boxes
- Threading activities
- Pegging activities



Many thanks to Active Together and Leicestershire County Council Public Health for providing and sharing the content of this document

