

## Simple, fun ways to get young children active each day!

### Ideas to encourage catching, throwing and kicking skills:

- ✓ Play simple passing, throwing, catching and kicking games.
- ✓ Small, light scarves can be thrown up into the air and caught using hands or other parts of the body. Alternatively, throw balloons up and catch them. See how long children can keep a balloon in the air before it touches the ground!
- ✓ Practice target kicking between two plastic bottles set a metre apart. Vary distance between the bottles.
- ✓ Attach targets to walls outside or draw targets with chalk that children can throw a ball against. Mark targets on the floor for children to aim at with a bean bag.
- ✓ Use plastic containers of various sizes as targets for children to practice underarm or overarm throwing using a soft ball. Try varying the distances!
- ✓ Skittles can be played using plastic bowling pins or plastic bottles as targets. Roll the ball underarm to see how many skittles can be knocked over.
- ✓ Scoops or catching devices for balls or paper balls can be made from household items such as recycled detergent containers cut in half



### Ideas to encourage balance skills:

- ✓ Big wooden blocks can be used for stepping and balancing on or jumping off, as they are low to the ground.
- ✓ Hoops and carpet squares can be used with challenges. Ask children to balance with half their body inside the object and half outside.
- ✓ String, tape, chalk lines or rope can be used as a line for children to practice walking along. Try placing them on the ground in different patterns.



### Ideas to encourage jumping, leaping and hopping skills:

- ✓ Mark out some squares or a 'Hopscotch' game with chalk or masking tape to encourage practice of hopping, jumping and throwing skills.



- ✓ Hoops, carpet squares and foam square 'puzzle' mats are great for children to spread out and create 'stepping stone' paths for jumping, hopping and leaping on and off.
- ✓ A trampoline is great fun for jumping – ensure safety.
- ✓ Place streamers up high to encourage children to jump up and touch or grab.
- ✓ Two skipping ropes set apart on the ground can be used for distance jumping and leaping over – slowly increase the gap size.
- ✓ Mark out a set distance with a tape measure, chalk or masking tape. Challenge children by asking, 'How far can you jump horizontally?' or 'How high can you jump vertically'? Children can dramatise the movements of animals such as leaping like a lion, jumping like a frog or crawling like a crab.
- ✓ Bubble blowing can be used to encourage children to jump and catch them.



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### Further ideas to encourage children to get active each day:

- ✓ Big wooden children's blocks or cardboard boxes encourage building. Lifting and carrying these blocks and boxes is great work for children's muscles and joints.
- ✓ Children love physically active games such as musical chairs, limbo, 'Simon Says', elastics and 'What's the time Mr Wolf'.

- ✓ Encourage movement through the use of music – for example, action songs, circle games, moving to musical instruments, dancing to jazz, classical, rap, and/or popular children’s songs.
- ✓ Play energising music which will encourage children to get up and get moving and grooving.
- ✓ Play rhythmical partner games such as ‘See-saw Marjorie Daw’ or ‘Row, row, row your boat’.
- ✓ Play charades – construct movement charade cards with the children.
- ✓ Use props such as scarves, streamers or ribbons to encourage children’s movement.
- ✓ Parachute play (a **bed sheet** or large piece of material can substitute for a parachute) can be used to encourage children to use different travelling actions as they pass under and around the parachute (eg crawl, walk, hop, gallop, tiptoe) or use to toss balloons.



- ✓ Kite flying is lots of fun. Encourage children to experiment by walking, then running with their kites.
- ✓ Streamers can be used for partner games like trying to catch the partner’s streamer.
- ✓ Play games such as ‘I can see . . . , what can you see?’ - eg, ‘I can see a plane flying high and low’, ‘I can see a tree swaying in the breeze’, ‘I can see a little boat on big waves’. The children perform the movement the adult calls out. The children can also take turns calling out ‘I can see ...’
- ✓ Play mirroring games where children mirror the movement made by an adult, or by their partner.
- ✓ Provide dramatic play props that encourage active play - such as hobby horses for galloping and cardboard boxes that children can use as cars.



**ENJOY!!!**