

Top Ten Tips for Moving with your child



Physical development is important for learning and will help your child be ready for school.

It supports:

- good health and well-being
- brain development
- self confidence

Make opportunities to use a variety of different movement skills. Different ways of moving will help children to develop their sense of balance, coordination and learn about body awareness e.g. learning to kick a ball helps you to understand and feel that your feet are at the end of your legs and that your arms help you to balance when you do this.



Try these different types of movement with your children:

- 1** *Skip to it* – try moving over different surfaces in straight lines, wiggly lines, fast and slow.
- 2** *Jump on it/Hop up* – jumping up and down; jumping off and on different surfaces; jumping from different heights.
- 3** *Roll over* – rolling down a grassy bank; rolling on a flat surface; rolling with another child side by side.
- 4** *Put a spin on it* – twirl with your arms out; sit on a smooth floor and spin on your bottom. Try to swing and spin upside down. Find wide-open spaces for this.
- 5** *Row, row, row your boat* – sit on the floor, opposite your partner, hold hands with feet touching, rock backwards and forwards.
- 6** *Floor it* – commando crawl; wriggle like a worm; walk on hands and feet with your bottom in the air.
- 7** *Stand up and deliver* – sit on the floor, fold your arms, then stand up. Stand on tip toes and reach up high. Stand on one leg and reach up high.
- 8** *Take the rough with the smooth* – find different surfaces and levels on which to walk, run jump e.g. grass, gravel, sand
- 9** *I like to move it move it!* – wobble like a jelly; leap like a frog; dance like no one is watching.
- 10** *Criss Cross* – reach for and touch opposite sides of your body e.g. touch your left big toe with your right hand.

British Heart Foundation

https://www.bhf.org.uk/-/media/files/publications/children-and-young-people/early_movers_section_5_updated_v2.pdf

Health for Under Fives Leicestershire

<https://healthforunder5s.co.uk/for-early-years-settings/?set-location=3#Leicestershire>

Early Movers

www.earlymovers.org.uk

Leicestershire Healthy Tots

www.leicestershirehealthytots.org.uk/physical-activity