

Healthy Movers Cards and their wider links



Healthy Mover Card – Choo Choo (locomotion)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings	Physical Literacy assessment skill that can be delivered through this card	Songs/Book/Themes that can be used to deliver the card	How to use Healthy Movers in and through every-day routines
Social Science – Transport I have experimented with imaginative ways such as modelling and drawing, to represent the world around me, the journeys I make and the different ways I can travel. SOC 0-09a Physical Education – Personal Qualities By exploring and observing movement, I can describe what I have learned about it. HWB 0-24a	Locomotion 6- Marching movements Locomotion 7-Moving at different speeds Locomotion 8- Moving in different directions Locomotion 8- Moving in different directions Object Control 1- Moving objects around the body Motivation 14-resilience Engagement Play and Explore 12 Confidence 15	Song- Runaway train/Down at the station Book-The train ride, Thomas the tank engine, All aboard the Opposites Train Theme-Holidays, transport, delivery	Moving between activities Playtime/Outdoors Bathroom/hand washing Story time



Healthy Mover Card – Pop the Bubble (locomotion)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Science – Materials

Through creative play, I explore different materials and can share my reasoning for selecting materials for different purposes.

SCN 0-15a

By investigating how water can change from one form to another, I can relate my findings to everyday experiences.

SCN 0-05a

Physical Education – Physical Competencies

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.

HWB 0-21a

Physical Literacy assessment skill that can be delivered through this card

Locomotion 5- Jumping

Locomotion 8- Moving in different directions

Stability 10- Balancing on 2 feet and on 1 foot

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

"Song-The turtle song,
5 little men in a flying saucer
Twinkle , twinkle little star"

Book-Tiny Tim, Whatever next

Theme-Space, weight of objects,
floating

How to use Healthy Movers in and through every-day routines

Moving between activities

Home time

Story time



Healthy Mover Card – Jungle Journey (locomotion)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings	Physical Literacy assessment skill that can be delivered through this card	Songs/Book/Themes that can be used to deliver the card	How to use Healthy Movers in and through every-day routines
Social Science – The world I am aware that different types of evidence can help me to find out about the world around me. SOC 0-15a Physical Education – Fitness By exploring and observing movement, I can describe what I have learned about it. HWB 0-24a	Locomotion 6- Marching movements Locomotion 7-Moving at different speeds Locomotion 8- Moving in different directions Object Control 1- Moving objects around the body Motivation 14-resilience Engagement Play and Explore 12 Confidence 15	Song- Animal march in 2 by 2 Down in the jungle 5 little monkeys swinging from a tree Book-Walking Through the Jungle, Giraffes Can't dance, Monkey Puzzle, Rumble in the Jungle Theme- Areas of the world, Animals, safari	Lining up time Moving between activities Story time Play time/outdoors



Healthy Mover Card – Hide and Seek (locomotion)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Listening & Learning

I enjoy exploring and playing with the patterns and sounds of language and can use what I learn.

LIT 0-01a / LIT 0-11a / LIT 0-20a

Physical Education – Cognitive Skills

I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules

HWB 0-23a

Physical Literacy assessment skill that can be delivered through this card

Locomotion 6- Marching movements

Locomotion 7-Moving at different speeds

Locomotion 8- Moving in different directions

Stability 10- Balancing on 2 feet and on 1 foot

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book-Going on a bear hunt, Elmer

Peek a Boo

Theme-Mathematical positional language, Party games

How to use Healthy Movers in and through every-day routines

Circle time

Story time

Play time/outdoors



Healthy Mover Card – Hot Hot Treasure (Object control)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Listening and Talking

I listen or watch for useful or interesting information and I use this to make choices or learn new things.

LIT 0-04a

Physical Education – Physical Competencies

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.

HWB 0-21a

Physical Literacy assessment skill that can be delivered through this card

Object Control 1- Moving objects around the body

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song- Row row row the boat

A sailor went to sea sea sea

Book-Pirates love Underpants

Theme- Temperature, Pirate theme, Christmas stocking treasure

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time



Healthy Mover Card – Wiggle Weave Watch (Object control)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Expressive Arts – Dance

I have the opportunity and freedom to choose and explore ways that I can move rhythmically, expressively and playfully.

EXA 0-08a

Physical Education – Balance and Control

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space

HWB 0-21a

Physical Literacy assessment skill that can be delivered through this card

Locomotion and object control
4- uses movement and equipment imaginatively to music, rhyme, stories

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and C
4- Uses movement imaginatively to m stories

Songs/Book/Themes that can be used to deliver the card

Song-There's a worm at the bottom of my garden (wiggly woo)

Book- Superworm

Theme-Directional language, shapes, fireworks, looking after pets

How to use Healthy Movers in and through every-day routines

Circle time

Lining up time

Moving between activities

Story time



Healthy Mover Card – Steering (Object control)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Writing

I explore sounds, letters and words, discovering how they work together, and I can use what I learn to help me as I read or write.

ENG 0-12a / LIT 0-13a / LIT 0-21a

Physical Education – Cognitive Skills

I am learning to move my body well, exploring how to manage and control it and finding out how to use and share space.

HWB 0-21a

Physical Literacy assessment skill that can be delivered through this card

Object control 2- Rolling a ball

Object Control 3- Kicking a ball

Object control 1- Moving objects around the body

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and Object Control

4- Uses movement and equipment imaginatively to music, Rhyme, stories

Songs/Book/Themes that can be used to deliver the card

Song- Wheels on the bus, Driving in my car

Theme-Travel, direction, positional language, spatial awareness, journey

How to use Healthy Movers in and through every-day routines

Lining up time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Aiming High (Object control)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Listening & Talking

As I listen and talk in different situations, I am learning to take turns and am developing my awareness of when to talk and when to listen.

LIT 0-02a / ENG 0-03a

Maths – Numbers and number processes

I have explored numbers, understanding that they represent quantities, and I can use them to count, create sequences and describe order.

MNU 0-02a

Physical Literacy assessment skill that can be delivered through this card

Object control 2- Rolling a ball

Object Control 3- Kicking a ball

Object control 1- Moving objects around the body

Stability 11- Walking along a line

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and Object Control 4- Uses movement and equipment imaginatively to music, Rhyme, stories

Songs/Book/Themes that can be used to deliver the card

Book- Big Top

Theme- Circus, days out, holidays

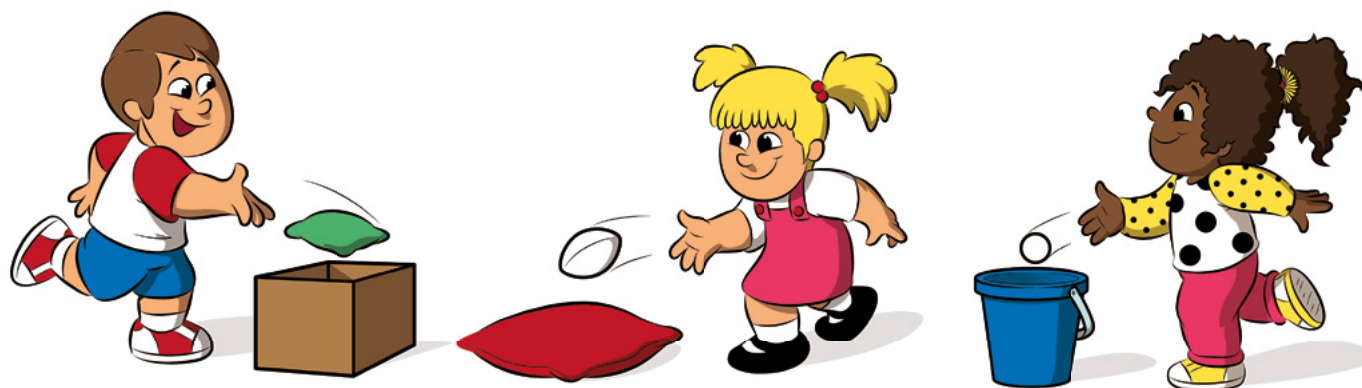
How to use Healthy Movers in and through every-day routines

Registration

Tidy up time

Story time

Play time/outdoors



Healthy Mover Card – Whatever the Weather (Stability)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Enjoyment and choice

I enjoy exploring and playing with the patterns and sounds of language and can use what I learn.

LIT 0-01a/LIT 0-11a/LIT 0-20a

Numeracy – Shape, Position and Movement

In movement, games, and using technology I can use simple directions and describe positions.

MTH 0-17a

Expressive Arts – Drama

I use drama to explore real and imaginary situations, helping me to understand my world.

EXA 0-14a

Physical Literacy assessment skill that can be delivered through this card

Stability 10– Balancing on 2 feet and on 1 foot

Locomotion 7– Moving at different speeds

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song– I hear thunder, It's raining it's pouring

Theme– Weather and seasons

How to use Healthy Movers in and through every-day routines

Circle time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Birds in Trees (Stability)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Science – Forces

Through everyday experiences and play with a variety of toys and other objects, I can recognise simple types of forces and describe their effects.

SCN 0-07a

Physical Education – Personal Qualities

By exploring and observing movement, I can describe what I have learned about it.

HWB 0-24a

Physical Literacy assessment skill that can be delivered through this card

Stability 10- Balancing on 2 feet and on 1 foot

Object control 1- Moving objects around the body

Stability 11- Walking along a line

Locomotion 7-Moving at different speeds

Locomotion 8- Moving in different directions

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song- Yellow bird, 5 little apples

Book- Sun and the wind,

Rosies Hat,

I fly High

Theme- Seasons

How to use Healthy Movers in and through every-day routines

Lining up time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Deep Blue Sea (Stability)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Literacy – Creating text

I enjoy exploring events and characters in stories and other texts and I use what I learn to invent my own, sharing these with others in imaginative ways.

LIT 0-09b / LIT 0-31a

Science – The Body

I can identify my senses and use them to explore the world around me.

SCN 0-12a

Physical Education – Personal Qualities

I am aware of my own and others' needs and feelings especially when taking turns and sharing resources. I recognise the need to follow rules.

HWB 0-23a

Physical Literacy assessment skill that can be delivered through this card

Stability 10- Balancing on 2 feet and on 1 foot

Locomotion 8- Moving in different directions

Locomotion 7-Moving at different speeds

Object control 1- Moving objects around the body

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Moving home

Three little pigs, Moving home

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time

Play time/outdoors

Hometime



Healthy Mover Card – Munch Crunch 5 a day (Healthy Eating)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Health & Wellbeing – Diet, rest and sleep

I know that being active is a healthy way to be.

HWB 0-27a

Health & Wellbeing – Food and health

Together we enjoy handling, tasting, talking and learning about different foods, discovering ways in which eating and drinking may help us to grow and keep healthy.

HWB 0-30a

Physical Literacy assessment skill that can be delivered through this card

Object Control 1- Moving objects around the body

Locomotion 6- Marching movements

Locomotion 7-Moving at different speeds

Locomotion 8- Moving in different directions

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book- Supermarket Zoo, Super Pea, Handa's Surprise, Kitchen Disco, Hungry caterpillar, Eat your peas

Theme- Picnic in the park, 5 a day. Trying new things

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time

Snack time/Lunch time



Healthy Mover Card – Yum Yum (Healthy Eating)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Health & Wellbeing – Food and Health

I enjoy eating a diversity of foods in a range of social situations.

HWB 0-29a

Health & Wellbeing – The journey of food

I explore and discover where foods come from as I choose, prepare and taste different foods.

HWB 0-35a

Physical Literacy assessment skill that can be delivered through this card

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book- Hungry caterpillar

Theme- Dentist Visit, 5 a day

How to use Healthy Movers in and through every-day routines

Circle time

Story time



Healthy Mover Card – Smiley Brush Brush (Oral Health)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Health & Wellbeing – Keeping safe and hygienic

I am becoming aware of how cleanliness, hygiene and safety can affect health and wellbeing and I apply this knowledge in my everyday routines such as taking care of my teeth.

HWB 0-33a

Social Studies – People

I make decisions and take responsibility in my everyday experiences and play, showing consideration for others.

SOC 0-17

Expressive Arts – Music

Inspired by a range of stimuli, and working on my own and/or with others, I can express and communicate my ideas, thoughts and feelings through musical activities.

EXA 0-18a

Physical Literacy assessment skill that can be delivered through this card

Songs/Book/Themes that can be used to deliver the card

Book- Allen's big scary teeth

Theme- Dentist Visit , Smile Week (Early February)

How to use Healthy Movers in and through every-day routines

Circle time

Story time

Bathroom/handwashing



Healthy Mover Card – We are Brilliant (Body Confidence)

Possible links to Early Years Outcomes to help embed Healthy Movers in education settings

Science – The Body

I can identify my senses and use them to explore the world around me.

SCN 0-12a

HWB 0-47b

Religious & Moral Education – Values and Issues

As I play and learn, I am developing my understanding of what is fair and unfair and the importance of caring for, sharing and cooperating with others.

RME 0-02a

Physical Literacy assessment skill that can be delivered through this card

Songs/Book/Themes that can be used to deliver the card

Book- Something else

Marvellous me

Animal Fair

Body image, confidence, praising others

How to use Healthy Movers in and through every-day routines

Circle time

Moving between activities

Story time

