

Healthy Movers

Choo Choo



**Photocopy me to share
with parents and carers**

Parents/Carers

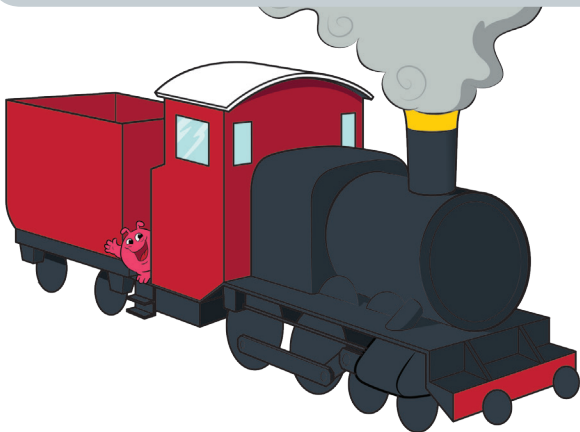
This week we are playing the Choo Choo activity: moving around in lot of different ways, marching, tiptoeing, walking, crawling etc. This helps us to develop our fundamental movement skills, which helps us to be more confident, more sociable, healthier and happier.

Ask your child to show you:

- ☐ the train actions they can make with their arms;
- ☐ the different ways they have travelled (tiptoes, marching, walking, crawling); and
- ☐ the train noises they can make.

Join in with them; children love to see adults having a go.

Encourage the children to practise this each day: repetition helps movements to become automatic.



Healthy and Happy me

This activity increases the heart rate and supports development of different ways of moving.



Social me

The Choo Choo activity helps children find space and navigate each other.



Physical me

Playing this activity provides opportunities for children to try moving in lots of different ways, directions and levels.



Creative me

The Choo Choo activity supports imaginary play.



Thinking me

This activity helps children make decisions and plan where they will travel.



Did you know?



Physical activity of all types such as rolling, grasping, shuffling, crawling, kicking or walking all help the brain to make important connections in the early years of life.