

Healthy Movers

Aiming High



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

Parents/Carers

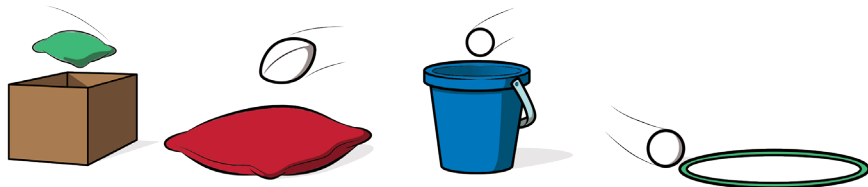
This week we are playing the Aiming High activity card. The children will be rolling, throwing and kicking objects at targets from different distances and will progress to aiming at different heights. This helps children to control objects with their hands and their feet.

Ask your child to:

- ☐ show you how they can aim and control an object towards a target; you can use scrunched up paper as a ball if you need to and use cushions or sheets of paper as targets;
- ☐ create some targets for you both to have a go at.

Join in with them, set up some targets and have a go, you could make a trail and follow it round.

This could be a good way to get children upstairs for bath time! Encourage the children to practise these aiming activities each day.



Healthy and Happy me

These activities enable children to understand power and strength.



Social me

Aiming High helps children take turns.



Physical me

These activities help with object control and aiming, including throwing, rolling and retrieving.



Creative me

Aiming High provides opportunities for imagination and children to role play.



Thinking me

Using a range of equipment the children will experience different sizes, shapes and textures and make decisions when controlling different objects.



Did you know?



Repeating activities helps the brain to absorb the actions until they become automatic. It is also important for children to repeat activities to allow them to refine and improve their actions.