

Healthy Movers

Whatever The Weather



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

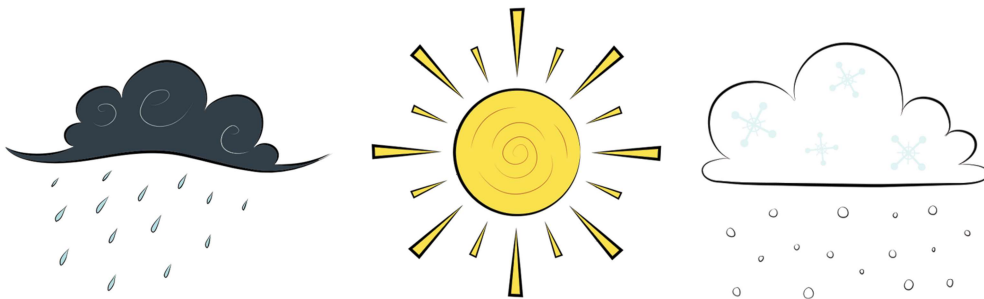
Parents/Carers

This week we are playing the Whatever the Weather activity card. The children will be pretending to be different sorts of weather. The movements will help their balance and stability skills.

Ask your child to:

- ☐ show you how they can maintain their balance when they are snowflakes, wind, rain or sunshine;
- ☐ show you how they stand on tiptoes wobbling as little as possible; and
- ☐ demonstrate how they can crouch down low without toppling over.

Try letting your child give you a weather to be, play alongside them to see who can reach up high or crouch down low without wobbling. You could try balancing using each other as support. Children love adults to join in.



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Healthy and Happy me

These activities help raise children's heart rate and enable children to move freely and explore shapes.



Social me

Whatever the Weather activities encourage children to be cooperative and encouraging.



Physical me

These activities support stability and balance. Including standing, crouching, balancing, twisting, lunging and bending.



Creative me

These activities offer great role play activity opportunities. The children can let their imaginations run wild pretending to be the weather.



Thinking me

These activities help children with decision making.



Did you know?



Core stability is the ability of the muscles of the torso (stomach/trunk) to help with the maintenance of good posture, reaching, stretching, standing, lying, sitting, stopping, landing, twisting, lunging, bending and many other everyday movements. Children who slump when sitting at a table may need to develop their core stability.