

Healthy Movers

Birds in Trees



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

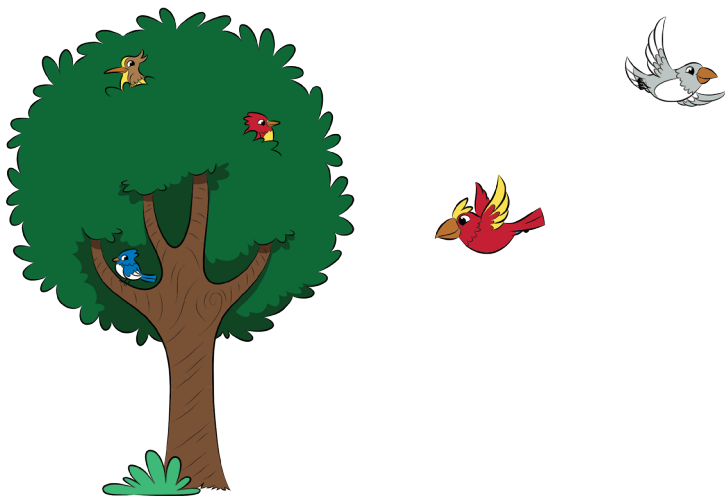
Parents/Carers

This week we are playing the Birds in Trees activity card. The children will be developing their balance skills and pretending to be small birds landing on branches in windy weather.

Ask your child to show you:

- ☐ how they glide around like birds and can stop and land on branches with feet apart; and
- ☐ how they stand on tiptoes, wobbling as little as possible, as if being blown by wind.

Join in with your child; see how high and wide you can stretch on your tiptoes without toppling over. Children love adults to join in.



Healthy and Happy me

These activities allow children to work at their own level and succeed before progressing.



Social me

The Birds in Trees activities encourage children to work with others, cooperating and supporting each other.



Physical me

Maintaining balance on the spot while the upper body is moving in different directions develops core stability and balance.



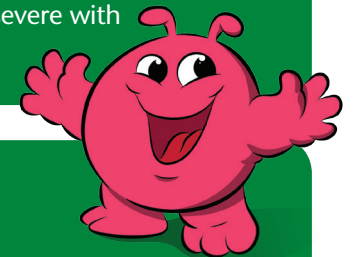
Creative me

These activities enable children to be birds on branches, using line markers to help them to keep their feet on the 'branch'.



Thinking me

The Birds in Trees activities help children persevere with the actions, providing options to make the activities easier and harder.



Did you know?



In young children, the introduction of basic games can be beneficial in learning co-ordination, confidence, achievement and other lessons.

Start Active, Stay Active UKactive