

Healthy Movers

Deep Blue Sea



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

Parents/Carers

This week we are playing the Deep Blue Sea activity card. The children will be moving like different sea creatures. The movements will help their balance and stability skills.

Ask your child to:

- ☐ describe the sea creatures they have been moving like;
- ☐ show you how they move sideways on tiptoes like a crab; and
- ☐ show you how tall they can stretch when they are a star fish or seahorse.

Join in with the children by showing them your favourite sea creature. Can they copy you and guess what it is? Children enjoy adults joining in. You can be a great active role model for them.



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.



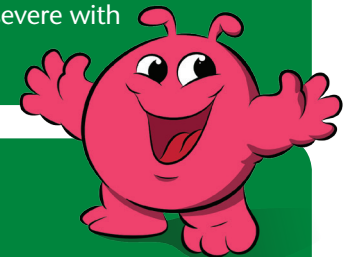
Creative me

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?



National Physical Activity Guidelines recommend children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day. All under fives should minimise the amount of time spent being sedentary (being restrained or sitting) for extended periods (except time spent sleeping).

Start Active, Stay Active: Chief Medical Officers (2011)