

Healthy Movers Cards and their wider links



Healthy Mover Card – Choo Choo (locomotion)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting	Physical Literacy assessment skill that can be delivered through this card	Songs/Book/Themes that can be used to deliver the card	How to use Healthy Movers in and through every-day routines
Mathematics ELG – Number ELG– Numerical patterns Communication and Language ELG– Listening, Attention and Understanding ELG– Speaking Personal, Social and Emotional development ELG– Building Relationships Physical Development ELG Gross motor Skills ELG– Fine Motor skills Literacy ELG– Comprehension ELG– Word Reading Understanding the World ELG Past and Present ELG People Culture and Communities ELG The Natural World Expressive Arts and Design ELG Being Imaginative and Expressive	Locomotion 6– Marching movements Locomotion 7–Moving at different speeds Locomotion 8– Moving in different directions Locomotion 8– Moving in different directions Object Control 1– Moving objects around the body Motivation 14–resilience Engagement Play and Explore 12 Confidence 15	Song– Runaway train/Down at the station Book–The train ride, Thomas the tank engine, All aboard the Opposites Train Theme–Holidays, transport, delivery	Moving between activities Playtime/Outdoors Bathroom/hand washing Story time



Healthy Mover Card – Pop the Bubble (locomotion)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting

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ELG- Speaking

Personal, Social and Emotional development

ELG- Building Relationships

Physical Development

ELG Gross motor Skills

ELG- Fine Motor skills

Literacy

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ELG- Word Reading

Understanding the World

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ELG The Natural World

Expressive Arts and Design

ELG Being Imaginative and Expressive

Physical Literacy assessment skill that can be delivered through this card

Locomotion 5- Jumping

Locomotion 8- Moving in different directions

Stability 10- Balancing on 2 feet and on 1 foot

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

"Song-The turtle song,
5 little men in a flying saucer
Twinkle , twinkle little star"

Book-Tiny Tim, Whatever next

Theme-Space, weight of objects,
floating

How to use Healthy Movers in and through every-day routines

Moving between activities

Home time

Story time



Healthy Mover Card – Jungle Journey (locomotion)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting	Physical Literacy assessment skill that can be delivered through this card	Songs/Book/Themes that can be used to deliver the card	How to use Healthy Movers in and through every-day routines
Mathematics ELG – Number ELG– Numerical patterns Communication and Language ELG– Listening, Attention and Understanding ELG– Speaking Personal, Social and Emotional development ELG– Building Relationships Physical Development ELG Gross motor Skills ELG– Fine Motor skills Literacy ELG– Comprehension ELG– Word Reading Understanding the World ELG Past and Present ELG People Culture and Communities ELG The Natural World Expressive Arts and Design ELG Being Imaginative and Expressive	Locomotion 6– Marching movements Locomotion 7–Moving at different speeds Locomotion 8– Moving in different directions Object Control 1– Moving objects around the body Motivation 14–resilience Engagement Play and Explore 12 Confidence 15	Song– Animal march in 2 by 2 Down in the jungle 5 little monkeys swinging from a tree Book–Walking Through the Jungle, Giraffes Can't dance, Monkey Puzzle, Rumble in the Jungle Theme– Areas of the world, Animals, safari	Lining up time Moving between activities Story time Play time/outdoors



Healthy Mover Card – Hide and Seek (locomotion)

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ELG– Fine Motor skills

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ELG– Word Reading

Understanding the World

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ELG People Culture and Communities

ELG The Natural World

Expressive Arts and Design

ELG Being Imaginative and Expressive

Physical Literacy assessment skill that can be delivered through this card

Locomotion 6– Marching movements

Locomotion 7–Moving at different speeds

Locomotion 8– Moving in different directions

Stability 10– Balancing on 2 feet and on 1 foot

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book–Going on a bear hunt, Elmer

Peek a Boo

Theme–Mathematical positional language, Party games

How to use Healthy Movers in and through every-day routines

Circle time

Story time

Play time/outdoors



Healthy Mover Card – Hot Hot Treasure (Object control)

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Physical Literacy assessment skill that can be delivered through this card

Object Control 1– Moving objects around the body

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song– Row row row the boat

A sailor went to sea sea sea

Book–Pirates love Underpants

Theme– Temperature, Pirate theme, Christmas stocking treasure

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time



Healthy Mover Card – Wiggle Weave Watch (Object control)

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Physical Literacy assessment skill that can be delivered through this card

Locomotion and object control
4- uses movement and equipment imaginatively to music, rhyme, stories

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and C
4- Uses movement imaginatively to m stories

Songs/Book/Themes that can be used to deliver the card

Song-There's a worm at the bottom of my garden (wiggly woo)

Book- Superworm

Theme-Directional language, shapes, fireworks, looking after pets

How to use Healthy Movers in and through every-day routines

Circle time

Lining up time

Moving between activities

Story time



Healthy Mover Card – Steering (Object control)

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Physical Literacy assessment skill that can be delivered through this card

Object control 2– Rolling a ball

Object Control 3– Kicking a ball

Object control 1– Moving objects around the body

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and Object Control 4– Uses movement and equipment imaginatively to music, Rhyme, stories

Songs/Book/Themes that can be used to deliver the card

Song– Wheels on the bus, Driving in my car

Theme–Travel, direction, positional language, spatial awareness, journey

How to use Healthy Movers in and through every-day routines

Lining up time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Aiming High (Object control)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting

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Physical Literacy assessment skill that can be delivered through this card

Object control 2– Rolling a ball

Object Control 3– Kicking a ball

Object control 1– Moving objects around the body

Stability 11– Walking along a line

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Locomotion and Object Control 4– Uses movement and equipment imaginatively to music, Rhyme, stories

Songs/Book/Themes that can be used to deliver the card

Book– Big Top

Theme– Circus, days out, holidays

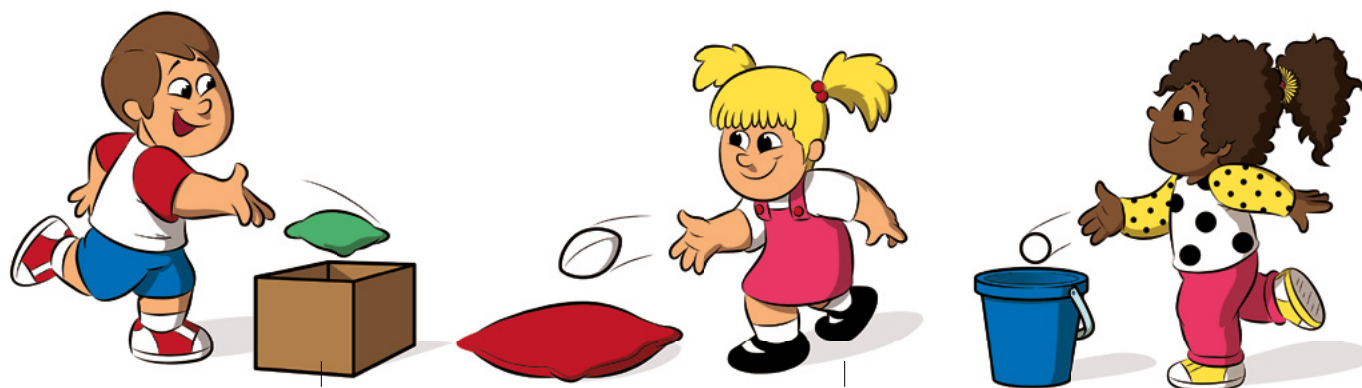
How to use Healthy Movers in and through every-day routines

Registration

Tidy up time

Story time

Play time/outdoors



Healthy Mover Card – Whatever the Weather (Stability)

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Physical Literacy assessment skill that can be delivered through this card

Stability 10- Balancing on 2 feet and on 1 foot

Locomotion 7- Moving at different speeds

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song- I hear thunder, It's raining it's pouring

Theme- Weather and seasons

How to use Healthy Movers in and through every-day routines

Circle time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Birds in Trees (Stability)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting

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Physical Literacy assessment skill that can be delivered through this card

Stability 10- Balancing on 2 feet and on 1 foot

Object control 1- Moving objects around the body

Stability 11- Walking along a line

Locomotion 7-Moving at different speeds

Locomotion 8- Moving in different directions

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Song- Yellow bird, 5 little apples

Book- Sun and the wind,

Rosies Hat,

I fly High

Theme- Seasons

How to use Healthy Movers in and through every-day routines

Lining up time

Moving between activities

Story time

Play time/outdoors



Healthy Mover Card – Deep Blue Sea (Stability)

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Physical Literacy assessment skill that can be delivered through this card

Stability 10– Balancing on 2 feet and on 1 foot

Locomotion 8– Moving in different directions

Locomotion 7–Moving at different speeds

Object control 1– Moving objects around the body

Motivation 14–resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Moving home

Three little pigs, Moving home

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time

Play time/outdoors

Hometime



Healthy Mover Card – Munch Crunch 5 a day (Healthy Eating)

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Physical Literacy assessment skill that can be delivered through this card

Object Control 1- Moving objects around the body

Locomotion 6- Marching movements

Locomotion 7-Moving at different speeds

Locomotion 8- Moving in different directions

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book- Supermarket Zoo, Super Pea, Handa's Surprise, Kitchen Disco, Hungry caterpillar, Eat your peas

Theme- Picnic in the park, 5 a day. Trying new things

How to use Healthy Movers in and through every-day routines

Tidy up time

Story time

Snack time/Lunch time



Healthy Mover Card – Yum Yum (Healthy Eating)

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Physical Literacy assessment skill that can be delivered through this card

Motivation 14-resilience

Engagement Play and Explore 12

Confidence 15

Songs/Book/Themes that can be used to deliver the card

Book- Hungry caterpillar

Theme- Dentist Visit, 5 a day

How to use Healthy Movers in and through every-day routines

Circle time

Story time



Healthy Mover Card – Smiley Brush Brush (Oral Health)

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Physical Literacy assessment skill that can be delivered through this card

Songs/Book/Themes that can be used to deliver the card

Book– Allen's big scary teeth

Theme– Dentist Visit , Smile Week (Early February)

How to use Healthy Movers in and through every-day routines

Circle time

Story time

Bathroom/handwashing



Healthy Mover Card – We are Brilliant (Body Confidence)

Possible links to Early Years Goals in EYFS framework (2021) to help embed Healthy Movers in the setting

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ELG– Speaking

Personal, Social and Emotional development

ELG– Building Relationships

Physical Development

ELG Gross motor Skills

ELG– Fine Motor skills

Literacy

ELG– Comprehension

ELG– Word Reading

Understanding the World

ELG Past and Present

ELG People Culture and Communities

ELG The Natural World

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ELG Being Imaginative and Expressive

Physical Literacy assessment skill that can be delivered through this card

Songs/Book/Themes that can be used to deliver the card

Book– Something else

Marvellous me

Animal Fair

Body image, confidence, praising others

How to use Healthy Movers in and through every-day routines

Circle time

Moving between activities

Story time

