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Healthy Movers at the Beach

Where to play: Indoors/Outdoors

Safety: Make sure the surface isn't slippery

Equipment: 4 pieces of kitchen roll or paper towel, 10 pieces of scrunched up paper towel

Benefits: Improves core strength, helps with following instructions

Pretend you are at the beach



Activity 1

Ask the children to lie on the towel to sunbathe. Call out actions for the children to do, after each action the children go back to sunbathe.

- ◆ **Lifeguard** (jump to feet and look out to sea with binoculars)
- ◆ **Swim** (swim around their towel)
- ◆ **Surf** (jump up onto the towel/surfboard in a surf position)
- ◆ **Crab!** (move around towel like a crab)
- ◆ **SHARK** (hide under their towel)

Activity 2

Fold the towel up small into a line. This is now a wave. Can you jump over the wave 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 1 foot? Gradually make the wave (towel) bigger can you still jump over it. Have a go with a run up.

Activity 3

Place the scrunched up paper (pebbles) on the towel. With your feet, move the pebbles from one side of the towel to the other, don't let them drop on the towel!

Easier Keep the rocks close together

Harder Put the rocks further apart instead of sunbathing the children can be in the plank position!



Healthy Movers in Space

Where to play: Indoors/Outdoors

Safety: Make sure the kitchen roll doesn't move when it is jumped on

Equipment: Newspaper or 4 pieces of kitchen roll for planets

Benefits: Builds strong muscles, helps to understand direction

Pretend you are in space



Activity 1

Place the planets on the floor and ask the child to jump from planet to planet, can they jump from 2 feet to 2 feet, 1 foot to 2 feet, 1 foot to 1 foot? Jump around in space from planet to planet. Can they jump backwards?

Activity 2

Can they jump sideways and backwards on and off the planets from 2 feet to 2 feet and 1 to 2 feet and 1 to 1 foot?

Activity 3

Ask the child to stand on the planet and put their hands on the floor outside the planet. Can the child keep their hands on the floor and jump the feet on and off the planet. Move around and explore another planet.

Activity 1 and 2

Easier Planets close together

Harder Planets further apart

Activity 3

Easier Stay with the same planet, move feet one at a time rather than jump

Harder Bunny hop between planets



Healthy Movers Super Heroes

Where to play: Indoors/Outdoors

Safety: Ensure there is a safe space to move in

Equipment: 2 spoons, saucepan or mixing bowl, towel

Benefits: Improves object control, encourages creativity

Pretend you are Super Heroes saving the day



Activity 1

Ask the children to make up their own Super hero pose. Children move like their super hero around the room and when parent says 'super hero are you ready to save the day' the children hold their super hero pose.

Activity 2

Some aliens have been throwing radio active objects towards Earth. Super heroes need to move them without touching them with their hands and return them to the safe zone. Children need to use the 2 spoons to pick up the radio active objects and move them to the safe zone (saucepan or mixing bowl).

Activity 3

Super heroes vs Aliens. Place all radio active items on a towel. Super heroes want to keep all the radioactive objects on the towel but the Aliens keep knocking them off! After 60 seconds count how many objects the super hero managed to keep on the towel. Have another go and try to beat your score. Don't forget to use your spoons or you could have a go using your feet!

Easier Safe zone could be close to the radio active objects

Harder Safe zone could be further away from the radio active objects with obstacles in the way



Healthy Movers

Treasure Challenge

Where to play: Indoors/Outdoors

Safety: Ensure there is enough space to move in

Equipment: Pillowcase/tea towel, 10 small objects (these could be soft toys, scrunched up paper or small ball), shoebox

Benefits: Develops aiming skills, improves spatial awareness

Pretend you are collecting lost treasure



Activity 1

Place a small ball on top of a pillowcase. Hold the 4 corners of a pillowcase/tea towel with your child and walk around the room, try not to drop the treasure!

Activity 2

Place the empty treasure box in the middle of the room and put the treasure (10 small objects) around the room. Working together try to get the treasure back in the box using the pillowcase/tea towel to carry the treasure. Try not to drop the treasure! When all the treasure is in the box hide the treasure and try again.

Activity 3

Can you throw the treasure from the pillowcase and make it land in the treasure box?

- Easier** Place the treasure box further away from the treasure
- Harder** Try to transport more than 1 piece of treasure at a time, place obstacles in the way



Healthy Movers on the Building Site

Where to play: Indoors/Outdoors

Equipment: Scrunched up paper or socks, 2 large spoons

Benefits: Builds strong muscles, improves balance

Pretend you are working on a building site



Activity 1

Children will be the machinery on the building site

Digger – Jump around the room as you dig lots of holes

Crane – On tip toes move around the building site like a tall crane. When you get to the side of the site you might need to go in reverse!

Cement mixer – Mix up the cement

by rolling or crawling around on the floor in different directions

Building inspector – Walk around looking high and low looking at the building work

Activity 2

The building site is busy, when you call 'Digger' the children will jump around until you call the next machine. Keep going until the work on the building site is finished!

Activity 3

The children will be moving building supplies (socks) across the building site using their arm extensions (spoons).

Activity 4

Oh no, there is more work to be done! Same as activity 2 but moving the supplies is added to the work. Are there other machines that the children would like to be?

Easier The building inspector could be called after each piece of machinery

Harder Digger can be changed to hopping instead of jumping



Healthy Movers

Jungle adventure

Where to play: Indoors/Outdoors

Equipment: Ball, items to hide behind, ie, books, tea towel, paper

Benefits: Improves creativity, helps coordination

Pretend you are on a jungle journey



Activity 1

Children stomp around the room. When you call 'freeze' the children freeze on 1 leg. See if they can put the ball around the lifted leg.

Activity 2

As before but stomp until you see an animal! MONKEY – play like the monkeys and put the ball around the tummy. Stomp around the jungle 'freeze' I see

a SNAKE. Slither like a snake and roll the ball from your toes to your nose like a long snake.

Stomp again "freeze" I see a LION on hands and knees roll ball around all lion paws. Stomp again 'freeze' I see an elephant can you push the ball along the floor with your trunk!

Activity 3

Ask the children to move in the jungle like their favourite jungle animal. When you say 'TIGER in the jungle' they have to 'hide' behind a book/tea towel/ball. Then keep playing until they hear that the Tiger is coming!

Activity 4

Make up a story using the toys that you have around the house.

Easier Move around like the animals without the ball

Harder Stomp in the jungle/jump in the jungle/skip in the jungle. Use a variety of balls



Healthy Movers

Transport

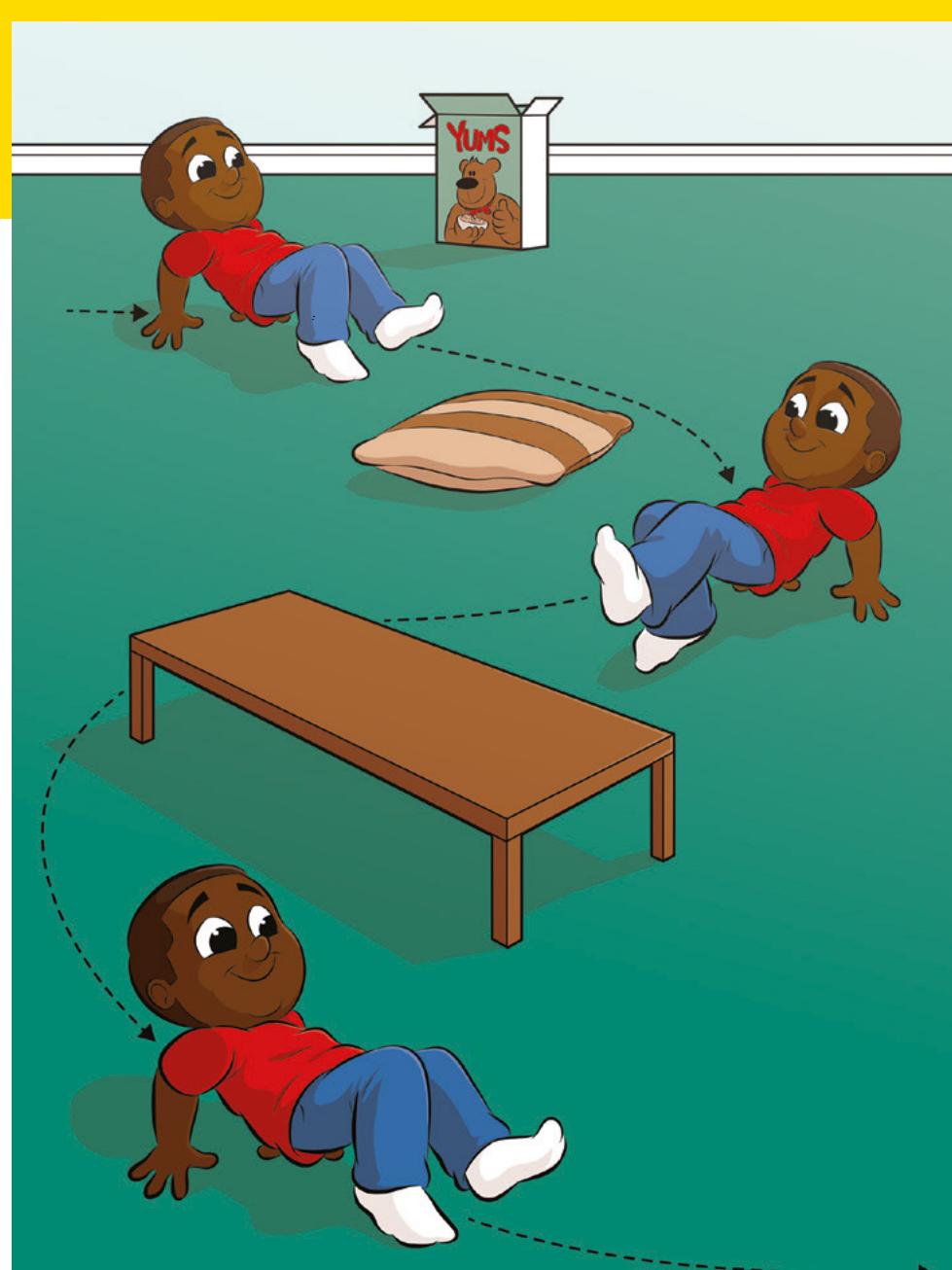
Where to play: Indoors/Outdoors

Safety: Ensure there is enough space for the movements

Equipment: Saucepan lid/plastic plate, cushion, wooden spoon

Benefits: Encourages creativity and role play

Pretend you are using different transport to go on a journey to go on a journey



Activity 1

Using the plate/pan lid as a steering wheel, drive your car around the room. Place some obstacles on the floor, eg, a cushion could be a roundabout, wooden spoon could be a junction. Can you drive fast/slow/up hills/around tight corners/reverse.

Activity 2

Park the car and climb onto the train. Create some train stations, these can be 2 cushions on the floor or 2 chairs close together to be the train station (there could be some passengers on the chairs ie cuddly toys). Drive your train through the stations picking up and dropping off passengers as you go.

Activity 3

Climb down from the train and choose your next mode of transport, this could be a bike or a pogo stick or even a scooter! Move around the room. Let your child choose their mode of transport and you need to try to guess it.

Activity 4

Look out for different modes of transport when you are next on a journey.

Easier Use less junctions

Harder Have lots of roundabouts and junctions and lots of passengers to drop off and pick up



Healthy Movers

Peg Challenge

Where to play: Indoors/Outdoors

Equipment: Pegs and dice (or numbers on paper in a bag)

Benefits: Encourages counting, helps with following instructions



Activity 1

Ask your child to peg the pegs to the bottom of their t-shirt/or the edge of a tea towel. How fast can you peg 10 pegs, can you use both hands?

Activity 2

Place the pegs in the middle of the room. Roll the dice, the child has to run to the pegs and find the number of pegs that is on the dice. The child brings the pegs back and pegs them on the tea towel or their t-shirt. Count together out loud. Keep going until all of the pegs have been used. Can you count up all of the pegs?

Activity 3

Same as above but when the dice is rolled the child takes that number of pegs from the tea towel and puts them back in the peg box. Remember to count out loud!

Activity 4

Can they peg the pegs to their own t-shirt/top and then move them to your t-shirt?

Easier Use less pegs, use only numbers 1, 2, 3 in the bag

Harder Use more pegs



Healthy Movers at the Circus

Where to play: Indoors/Outdoors

Safety: Ensure there is enough room so that you don't bump into furniture

Equipment: Rope to make a line/ chalk or tape to make a line on the floor, small ball

Benefits: Develops spatial awareness, builds core strength

Pretend you are the greatest circus performer



Activity 1

Walk the tightrope. See if your child can walk along the tightrope without falling off! Can they walk backwards and sideways too? Can they also walk along a wiggly line?

Activity 2

Juggling! While sitting on the floor can your child roll the ball with one hand along the floor and stop it with the other hand? Can they do this standing up?

Activity 3

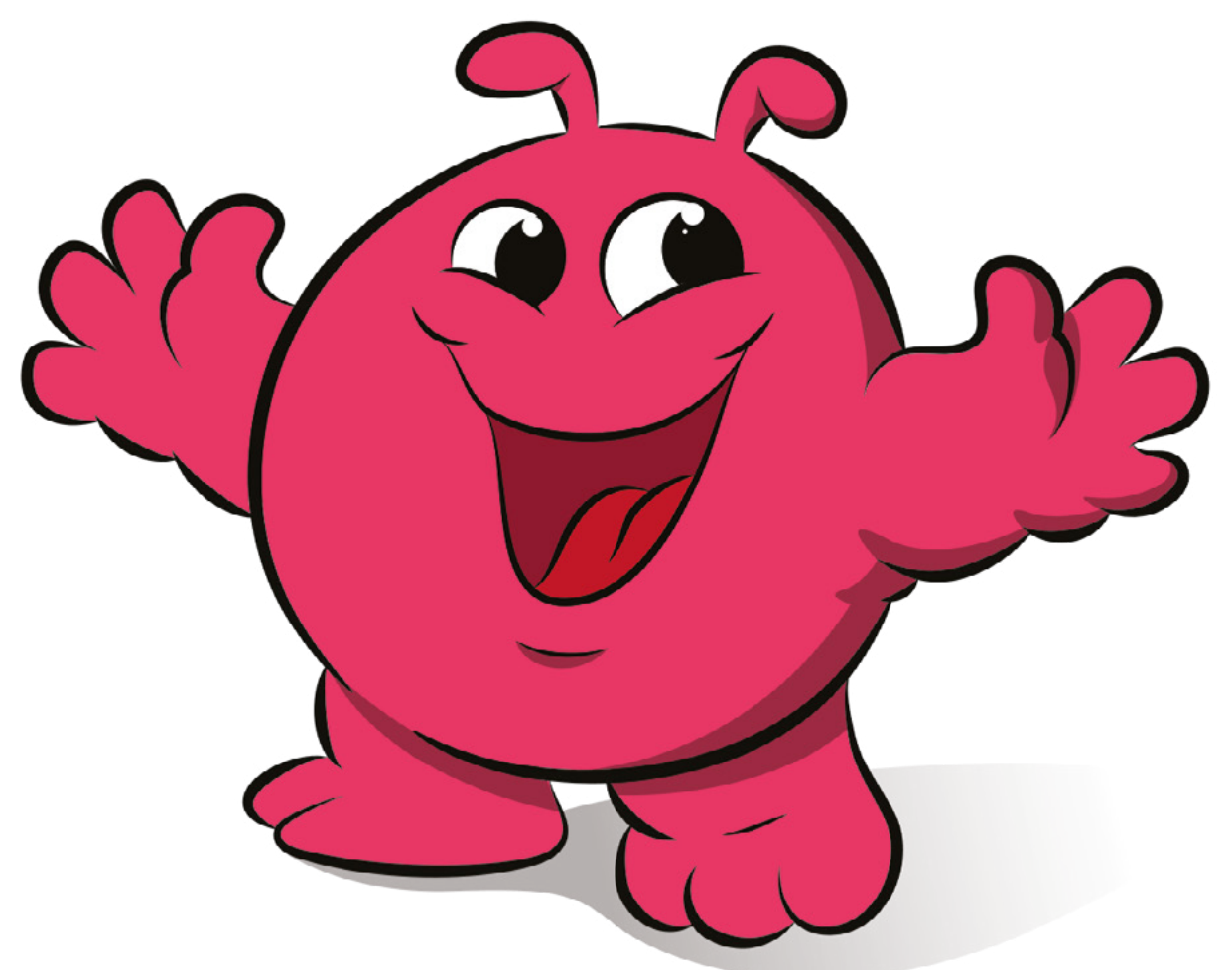
Can you roll the ball while walking the tightrope?

Activity 4

When out on a walk, have a go at walking safely along the lines on the pavement.

Easier Take bigger strides and use your arms to balance

Harder Tiptoe and reach up high or walk heel to toe



Healthy Movers

River Challenge

Where to play: Indoors/Outdoors

Safety: Ensure that the kitchen roll is on a non-slip surface

Equipment: 5 pieces of kitchen roll

Benefits: Encourages teamwork, develops creativity



Activity 1

Place 5 pieces of kitchen roll (stepping stones) on the floor. Ask the child to walk along the stepping stones to cross the river. Can they walk backwards? Jump? Jump backwards?

Activity 2

There has been a storm and only 3 of the stepping stones are still there. Can they use the stepping stones by moving them to help them cross the river. Don't fall in the river!

Activity 3

Using the 3 stepping stones can the child cross the river with a friend by working together?

Easier The river can be narrow, use more stepping stones

Harder Tell the children that the river is really wide. In activity 3 can more people cross the river?



Healthy Movers at the zoo

Where to play: Indoors/Outdoors

Equipment: Collection of animal toys,
scrunched up paper or
socks

Benefits: Builds strong muscles,
improves aiming skills

Pretend you are visiting the zoo



Activity 1

Ask the child to walk around the zoo and when you say 'what can you see?' the child pretends to look through binoculars and sees...

A giraffe - Walks tall with arms high in the air like a giraffe eating from the trees.

What can you see?

Gorilla – Moves around like a gorilla with their fists on the floor.

What can you see?

Parrot – Flies around the room with big wings.

What can you see?

Penguin – Waddles like a penguin.

Activity 3

Ask the child to move like any zoo animal. When you say 'feeding time at the zoo' they change to move like a different zoo animal.

Activity 3

Throw the food (paper/socks) to the penguins (animal toys). Start close to the animals and then get further away, can you still reach the penguins?

Easier Move closer to the penguins when feeding

Harder Move further away from the penguins when feeding



Healthy Movers at the shopping Mall

Where to play: Indoors/Outdoors

Safety: Ensure that the shopping bags are safe to use and not packed with too many heavy items

Equipment: Pairs of shoes (shoe shop), t-shirts and socks (clothes shop), selection of items such as empty cereal box/egg box/toilet roll (grocery store), toys/teddies (toy shop). Shopping bags

Benefits: Helps with following instructions, develops coordination

Pretend you are going shopping



Activity 1

Place the items around the room as if they are in different shops. Ask the child if they would like to visit the shopping mall. The child has a shopping bag and visits each shop and chooses some items to buy from you (shopkeeper!)

Try to encourage role play 'good morning, would you like to buy something from my shoe shop?'

When the child has bought something they can move to the next shop. They can choose how to travel to the shop, can they skip/jump/hop to the next shop?

Keep going until they have visited each shop. They may need to try shoes on in the shoe shop!

Activity 2

Restock the shop! This time, the child is the shopkeeper and you will visit the shop to buy items from them. Try to encourage role play.

Activity 3

Time to put the purchases away. Put the items in the shopping bag and the child can take the shoes back to the shoe cupboard, food back to the kitchen and toys back to the bedroom after a long day at the shopping mall!

Easier Have fewer shops

Harder Have more shops and more items in each shop for the child to choose. You could have pretend money for the child to use in the shop. The child can move in different ways between the shops. The shops could be in different rooms of the house!

