
Vale on the Move
Little Rockets
Launching children to an active life
A physical activity pack for families
VALE of GLAMORGAN
BRO MORGANNWG
Vale Sports & Play
Chwaraeon a Chwarae Y Fro

The document is available in Welsh.
Mae'r ddogfen hon ar gael yn Gymraeg.

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VALE of GLAMORGAN
BRO MORGANNWG

Vale on the Move

Little Rockets

A physical activity pack for families



1 Why is physical activity important

and how much should my child be doing?

For children, regular physical activity is important for growing up to have strong bones and muscles, to keep a healthy weight and build confidence. It is important for children to learn the basic physical skills such as throwing/balance/movement and to have lots of opportunities to be active and practice these skills to ensure they grow up to enjoy activity and feel confident that they have the skills to take part in physical activity throughout their life.

Why not take a look at 'Amelia' which explains why developing physical skill sis o important to help children stay active throughout their lives.

https://www.sport.wales/content-vault/physical-literacy/



Active play is essential for a young child's development and can be anything from a specific sport to playing simple games at home such as hide and seek, chasing, or throwing and catching a ball.

Physical activity for early years
(birth – 5 years)

Active children are healthy, happy, school ready and sleep better

- BUILDS **RELATIONSHIPS & SOCIAL SKILLS**
- MAINTAINS **HEALTH & WEIGHT**
- CONTRIBUTES TO **BRAIN DEVELOPMENT & LEARNING**
- IMPROVES **SLEEP**
- DEVELOPS **MUSCLES & BONES**
- ENCOURAGES **MOVEMENT & CO-ORDINATION**

Every movement counts

Aim for at least **180** Minutes per day for children 1-5 years

Under-1s
at least 30 minutes across the day



TUMMY TIME



OBJECT PLAY


DANCE


GAMES


PLAY


SWIM


WALK


SCOOT


BIKE

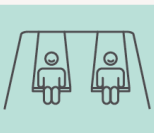

MESSY PLAY


THROW/CATCH


SKIP


JUMP


CLIMB


PLAYGROUND

Get Strong. Move More. Break up inactivity

UK Chief Medical Officers' Physical Activity Guidelines, 2019

Physical activity
for children and young people (5–18 Years)

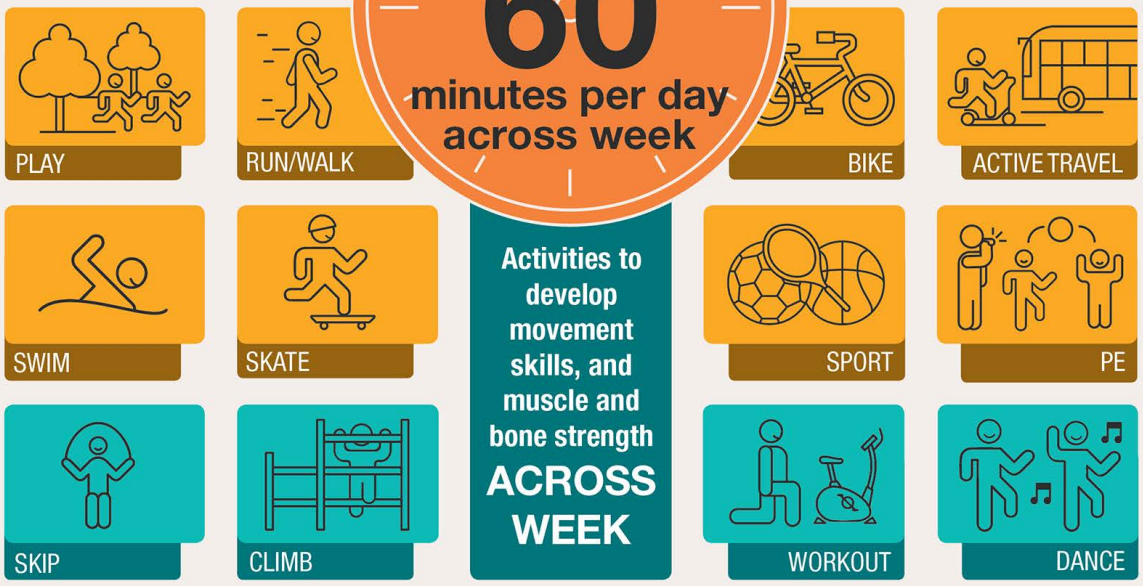
- BUILDS **CONFIDENCE & SOCIAL SKILLS**
- MAINTAINS **HEALTHY WEIGHT**
- DEVELOPS **CO-ORDINATION**
- STRENGTHENS **MUSCLES & BONES**
- IMPROVES **SLEEP**
- IMPROVES **CONCENTRATION & LEARNING**
- IMPROVES **HEALTH & FITNESS**
- MAKES **YOU FEEL GOOD**

Be physically active

Spread activity throughout the day

Aim for an average of at least 60 minutes per day across week

All activities should make you breathe faster & feel warmer



Activities to develop movement skills, and muscle and bone strength ACROSS WEEK

Get strong



Move more

Find ways to help all children and young people accumulate an average of at least 60 minutes physical activity per day across the week

UK Chief Medical Officers' Physical Activity Guidelines, 2019







As children get older they may get even more benefits by joining local sports clubs and it may be something you could do as a parent/carer with them. Enjoying activity together helps children enjoy physical activity throughout their lives.

Start small by incorporating physical activity into your family's daily routine. Try walking or cycling to school/nursery if you normally drive or go on family walks incorporating treasure hunts. You can also take a look at the resource cards to get some more ideas.





What are the activity cards?

These are ideas for families to do at home with children to develop basic physical skills / movement and include more physical activity into daily lives. Please remember that all children are different and will develop at different stages. As a parent/carer you know your child best and what stage they are at so can look at what activities will suit them best. The activity cards will have ideas to develop movement skills that will be appropriate, as a guide for under 8s, as well as ideas to progress when children progress and/or for older siblings. We have also included inclusive ideas to adapt activities if required.

Inclusion

Every disabled child has a different level of ability and will move in their own unique way. We encourage families to use the information as guidelines but understand that not every child will be able to perform all of the movements mentioned. We would recommend focusing on what your child can do, in relation to each movement and adapt the movements to suit your child's functional ability. Here are some ideas on how to adapt the movements for your child.





Inclusive Ideas



- [ ] If child has difficulties reaching objects on floor to pick up, place objects on raised surface such as chair / table.
- [ ] If child has difficulty gripping balls etc, use objects that are easier to grip such as soft toys, deflated football.
- [ ] Choose a colour that your child can see or offer a guide for visual impairments.
- [ ] Use lighter/softer bigger objects to throw/roll or a larger target to throw into.
- [ ] When doing rolling activities, you could use some form of ramp or roll at a height (eg. on a table) .
- [ ] Include objects with a noise in them when thrown to help children track movement of an object, e.g could you fill a balloon with rice for catching.
- [ ] Give time for children to process the information.
- [ ] Use equipment with different textures and feels

2 Stages and Ages



Please remember that all children are different and will develop at different stages and these age bands are used as a guidance only:

0-2 Years

Rolling, kicking, sitting, crawling, toddling.....

This is the time during which your child will usually learn to control their body and set the foundations for later movement.

Tummy Time - Tummy time is important for your baby to build strength and control in their neck, shoulders, back and core all which will be used for later movements.

Kicking - You may notice that when you lie your baby on their back to change their nappy, they kick out their legs and straighten them and move their arms. Giving them time to do this will help them to develop their muscles and help them to feel the movement in their arms and legs.

Rolling and Sitting - As your baby gets stronger and starts to roll over, this rolling and moving is helping them learn about balance. This is the same for sitting – the baby is learning those first steps of balance.

Grabbing – As babies start to grab objects, they are learning about how their arms and hands move, and how they can start to control them. Their brain is building connections and these connections are the foundations for later learning. The more experiences they have, the more they are building connections in their brains.

Crawling – A natural progression from rolling and sitting up will usually be crawling. Crawling is important for building those brain connections and helps to link both sides of the brain together to process information. Crawling is also important for developing strong core muscles, strong arms, shoulders and legs. This is key for the skills they will be learning later, like walking running jumping, catching and throwing. Crawling uses both sides of the body at the same time doing different things, but having to work together so it also really good for co-ordination.

Standing and Walking – Babies / toddlers are working out balance as they become more confident on their feet and is an ideal time to encourage them to try out lots of ways of moving. In the same way as they learn to talk, lots of different movement builds to develop skills that will be important as they grow older. Remember – it is never too late to develop these skills. Perhaps games where they are walking, running, jumping, moving on their hands and feet and going in different directions.

Stages and Ages



2-4 Years

During this time, children need to move in lots of different ways. This lays the path for them to be able to develop good skills later on and to be active right through life. All the movement and play that you do with them now will help them develop their brains as well as their muscles and so will help them to be better at learning. Lots of the activities you will be doing help with skills they will need in lots of things in life. For example, if you play a rolling game with the ball, this helps them to watch the ball as they roll it away and also as it rolls to them. This tracking is also needed to be able to read.

Some of the movement children will be developing during this stage will be:

- ◯ Balancing
- ◯ Movement
- ◯ Catching
- ◯ Co-ordination
- ◯ Hopping
- ◯ Rolling
- ◯ Throwing
- ◯ Pulling an object
- ◯ Kicking a ball
- ◯ Pushing an object
- ◯ Jumping/Landing

Stages and Ages



3-7 Years

Run, jump, catch, throw, kick….

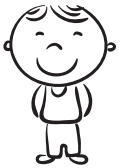
As children start in the Foundation phase they will probably have already been playing lots of games that are developing their movement without you even realising!

They may now be ready to learn some more skills. The more children learn to move, they become more confident and so are encouraged to become / stay more active. This is really important the older we become so we have the enthusiasm and confidence to try new physical activities. Families are important in building this confidence and playing games and giving opportunities to run, jump, catch, throw, kick etc will help them in developing the skills they will need as they get older to be confident to join in with sports and physical activities. Please remember that you do not always have to have time set aside and do not always need to 'join' local groups/clubs that cost money – some of these skills can be practised during a walk to school/shops or during a visit to your local park.

Older children

It is important for older children to continue to be active to encourage good habits into adulthood. Again these activities maybe a kick around with a ball at a local park, bike rides / walks or activities with a local sports club. Uniformed groups such as Girlguiding, Scouts etc also provide lots of opportunities for children to be active.





Acknowledgements

Some of the ideas included have been produced by the following organisations with permission to publish for families use:
University Wales Trinity St Davids: https://physicalliteracy.cymru/minimovers/
Sport Wales: www.physicalliteracyjourney.wales/further-information/

Active Together Wales
Cymru'n Actif
Gyda'n Gilydd

Try some of the following ideas to become ball confident and develop ball skills through play:

Rolling

A fun and shared way to support rolling is **Bowling**

- using a large ball to start with, aim this at natural pinecones or something light to encourage success in knocking them down. Then introduce a smaller ball and weighted bottles. This will help develop balance and co-ordination.



Catching

Start with throwing and catching a large ball with a small space between you and your child. As their skill progresses, try **'Velcro ball'.**

To help little hands succeed in catching, use a plastic ball and add small velcro dots around the exterior of the ball. Placing gloves on your child will help them find it easier to grasp the ball as it lands in their hand, developing confidence.



Ball play develops gross-motor skills, such as kicking, throwing, catching, aiming, rolling, bouncing, and tracking. It also supports early social skills such as co-operation with other children, understanding turn taking, the introduction of easy rules, winning and losing and much more.

Playing ball games will develop interests in sports such as football, rugby, tennis, basketball and cricket. All the best sports people started off developing a love of sport through play!



Kicking

Kicking is a difficult skill and can be challenging, because it requires shifting weight from one foot to the other, so start with something light like balloons.

Set up a goal between two chairs and encourage your child to aim for that space or fill a paddling pool up with balloons. Standing the child in the middle, encourage them to kick all balloons out of the pool.

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Healthy & Active Fund

Project funded by the Healthy & Active Fund, a partnership between Welsh Government, Sport Wales and Public Health Wales

Early Years Wales
Blynyddoedd Cynnar Cymru

Welsh Gymnastics
Gymnasteg Cymru

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Get moving at home!

Everyday activities can help to develop your child's body awareness. Babies and children need a wide variety of opportunities to develop their movements such as rocking, spinning, twisting, turning, jumping, bouncing, tipping, wobbling, and moving at different speeds.

Play gives babies and children lots of opportunities to gain these experiences, so try out these fun activities and get moving at home!

Laundry Fun!

Using empty baskets or large bowls, fill one basket/bowl with rolled up socks. The challenge is to sit and pick up the socks with your feet.

For little ones, try asking them to pick up the socks with one hand and transfer them to the other hand before placing in the basket.





Balance whilst you brush!

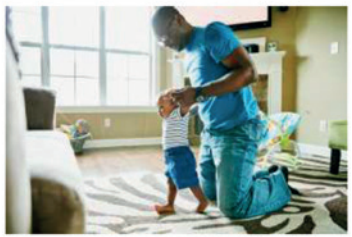
Why not try balancing on one leg while you brush your teeth? See how long you can brush for without wobbling and be sure to try it out with both feet! This is a great way to develop balance, co-ordination and concentration.

If your little one isn't quite ready to stand on one foot, encourage them to rock backwards and forwards whilst brushing their teeth. This will help the large groups of muscles work in harmony to gain control of their posture.

Towel Skipping!

You will need three people to play. Tie two towels together and wrap tightly so it becomes long and thin. Ask two people to hold each end of the towels, then start swinging the towels side to side and see if you can jump over the towel! How many jumps can you do?

For little ones, keep the towel low and encourage them to step over the towel encouraging balance and coordination!



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Water Babies

Even though the swimming pools are currently closed, there are lots of opportunities to prepare your little one for water confidence. Why not try some of the ideas below to encourage water fun and movement?

Always make sure your child feels safe and secure, so that it is a relaxed and fun experience and ***never leave your child alone in water****.*

Water play in the bath is a fun way to gain water confidence. Try encouraging floating once your little one has strong head and neck muscles. Supporting the head, allow free kicks so they get used to how the body feels in water. This can apply to any age.



Use a swimming pool in the garden as the next step. Use swim safety devices, like a pool noodle and bath toys. Encourage tummy time in the water once they are confident and have developed a strong core, neck and head muscles to keep their face out of the water

To begin with, bath and shower together as this will reassure them and give them confidence to explore and get moving



For older children, practice physical movement in readiness for the side of the pool by encouraging them to jump from the bottom step of the stairs. Place their toes on the edge of the step, then try performing different shapes as they jump

Splash and pour water over your child, including the face. Try blowing bubbles and use nursery rhymes as prompts to actions so your child will be able to anticipate when you will splash them etc.

Preparing to go into the water will give your little one confidence and a love of swimming, so developing a good strong core out of the water will make the transition to the pool much easier

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Why is learning to swim and love so important for my child?

With some help from Swim Wales, here are the many benefits of baby and toddler swimming...

- **It will give them confidence in and around water**
- **Swimming helps to improve co-ordination and balance. It is said that children who swim tend to have a much better sense of balance and physical control on dry land**
- **Swimming improves the strength of your child's heart and lungs, and helps to develop their brain and co-ordination**
- **Swimming works all the muscles**
- **Exercise can help to burn off excess energy in toddlers!**
- **Swimming provides bonding time for parent and child**
- **Swimming is one of our nation's best-loved family activities and many children say it is their favourite aspect of family time and creates wonderful memories!**

For more information and advice on swimming with babies/toddlers, visit the Swim Wales website or follow them for updates on social media:

https://www.swimwales.org/swimming/learn-to-swim/splash

Facebook: @SwimWales
Twitter: @SwimWales
Instagram: @Swim_Wales

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Teddy Bears Obstacle Course

Why not try a homemade obstacle course to get those little bodies moving?

What can I use?

Masking tape, cushions, low tables, hula hoops, washing baskets, blow up rubber rings, pool noodles, flowerpots and anything else you have lying around!

Being active as a family and making small changes can make a big difference to your child's developing skills.

Studies have shown that children who take part in high levels of physical activity from an early age, are more likely to continue taking part in physical activity in later years. Therefore, it is important to introduce activity at the earliest age in order to provide the best start.





Encourage floor play with lots of crawling, make a balance beam using the pool noodle or masking tape encouraging balance.

Climb high, lie low, lift those arms and legs, run and walk but most of all have fun!

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'1 a day keeps the bears away'

*Use the **pin exercise bear activity sheet** to make the different shapes and get you and your child moving every day!*



Straddle Shape

- **Baby -** Sit using a pillow to help stabilise the baby, move the baby's legs in and out of a straddle OR see if the baby can sit and balance with their legs in a straddle
- **Toddler** - Sit in straddle & try and rock body side to side
- **Older Child** - Teddy bear rolls – sit in straddle, roll onto back and try to rock & sit back up in straddle again

Star Shape

Baby - Lay in star shape on the floor on their back (make star angels) Use the bear and move arms and legs in and out to show the movement

Toddler – Stand in star shape – try walking around the room in a star shape making bear noises

Older Child – Jumping jacks (start feet together, jump out to star and back in)

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Sensory Tunnels

Young children need to develop large and small movements as part of their muscle control. Introducing different types of floor play fun will provide them with opportunities to learn movements such as rolling, slithering, creeping and crawling. Each of these movements is an important skill and will help your child to explore moving confidently in different ways.

What do I have to make a sensory tunnel?

Why not try some of these items…

Play tunnel or large cardboard box, blankets, an old shower curtain, bubble wrap, textured cushions, ribbons/bows, old CD's, mirror roll, socks filled with newspapers, scraps of materials like shells/large pebbles, fairy lights

…anything that will stimulate the senses.

Encourage different ways of moving through the tunnel…

i.e. on their tummy, hands and knees, crawl forwards & backwards from one end to the other. Slither through the tunnel (rocking body left and right) or scoot through the tunnel using hands and feet or even crab walk through the tunnel.



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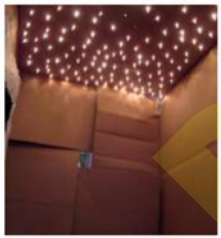
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Sensory Tunnels

Walking or crawling on different surfaces activates different muscles and helps balance







How can I make it interesting? Give these ideas a try...

- Use fairy lights to create a bright tunnel and hang objects from the roof, which can be pulled off as they crawl through.
- Fill socks with different textures and sounds i.e. bells, scrunchy paper that they need to navigate through.
- Place CD discs and different surfaces on the floor such as blankets, bubble wrap or a textured shower curtain.
- Add photos of the child or mirror roll at the sides of the tunnel to make it fun and inviting!

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1 Prepare 2 Ride

Fingers and thumbs

Now I can...

✓ Hold, pick up and release





Let's go!

- Spread a variety of small objects over a table top or on the ground.
- Place a container away from the objects.
- Holding onto a tube of rolled up paper in each hand, use the fingers to pick up the objects and release them into the container.

Things you may need

- Paper, pencil, cutlery, scrunched up foil, empty match box, paper bag, rulers, glue sticks.

Safety

- Use objects that won't break if dropped.

Easier

- Play without the paper tube.
- Use smaller/lighter objects.

Harder

- Play against the clock (how many objects in 60 seconds?).
- Compete against another player.

Prepare 2 Ride

Fingers and thumbs

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me
How can you keep a grip on the objects?

Social Me
Who can help you get better at this game?

Healthy Me
Do you enjoy this game and why?

Physical Me
Which parts of your hand do you use when you play this?

Creative Me
What other objects can you find to pick up?

If playing with a group

Play in small groups around a table or in a space using one container in the centre.
Play against another person/group, with one container each.
Start with all the objects in the middle.
Play as a competition, such as the child collecting the most objects wins.

Create a challenge:
Who can collect the most objects in a set time?

Did you know?

This game will help to develop fine motor skills used in writing, doing up buttons and shoelaces and using cutlery.

Out and about

See how many things you can squeeze and grip every day (such as door handles, toothbrush, carrying a bag, writing). Can you find 10?



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Prepare 2 Ride

2

Steady as you go!

Now I can...

✓ Walk, balance and look



Let's go!

- Balance a variety of objects on a tray or similar.
- Carrying the tray in both hands, travel from one point to another aiming not to drop anything.
- Try carrying the tray on the left of the body and on the right.

Things you may need

- Tray, ball, box, water bottle, pencil, scrunched up foil, empty cereal box.

Safety

- Avoid heavy objects.
- Use objects that won't break if dropped.

Easier

- Walk in a straight line.
- Travel slowly.
- Use fewer and/or non-rolling objects.

Harder

- Travel in different ways (jog, march, tiptoe).
- Travel faster.
- Create an obstacle course/ stepping stones to travel over.

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Prepare 2 Ride

Steady as you go!

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me
What can you do to keep the objects on the tray?

Social Me
How could you play this game with others?

Healthy Me
Why is it important to be active every day?

Physical Me
How else could you travel when playing this?

Creative Me
How could you create obstacles or routes to travel over and around?

If playing with a group

Mark out lots of different routes for players to move along. Create a number of slaloms with players following each other a safe distance apart.

Create a challenge:
Which team demonstrates good communication and teamwork?

Did you know?

This game will help to develop a sense of where the body is in a space without looking at it (known as proprioception).



Out and about

Think about when you walk and control something else at the same time.

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Prepare 2 Ride

3

Swipe and swap

Now I can...

✓ Move objects from side to side across my body



Let's go!

- Sit on the floor, hands facing forwards behind the body.
- Place a pile of objects at one side.
- Use the feet to pick up the objects and move them to the other side.
- Once all the objects have been moved, try moving them back to where they started.

Things you may need

- Bean bags, scrunched up t-shirt, soft toy, kitchen roll tube.

Safety

- Avoid heavy objects.
- Use correct posture.

Easier

- Place objects to front of body. Pick up and release without moving from side to side.
- Use hands instead of feet.

Harder

- Try it with hands off the floor.

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Prepare 2 Ride

Swipe and swap

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me
How can you use your body to move the objects even faster?

Social Me
What can you do to let others know you've finished?

Healthy Me
Which part of this game makes you feel good and why?

Physical Me
Is it harder to use your feet or hands? Why?

Creative Me
What music could you use with this game?

If playing with a group

Pass the objects from side to side with a partner.
Pass all the objects along a chain of players.
Use more than one group and make this a race.

Create a challenge:
Which pair or team can move all their objects first?



Did you know?
This game will help to develop a strong core, helping with posture and movement.

Out and about
Think about sitting or standing tall every day to help your core. While sitting can you take your socks off using just your feet?

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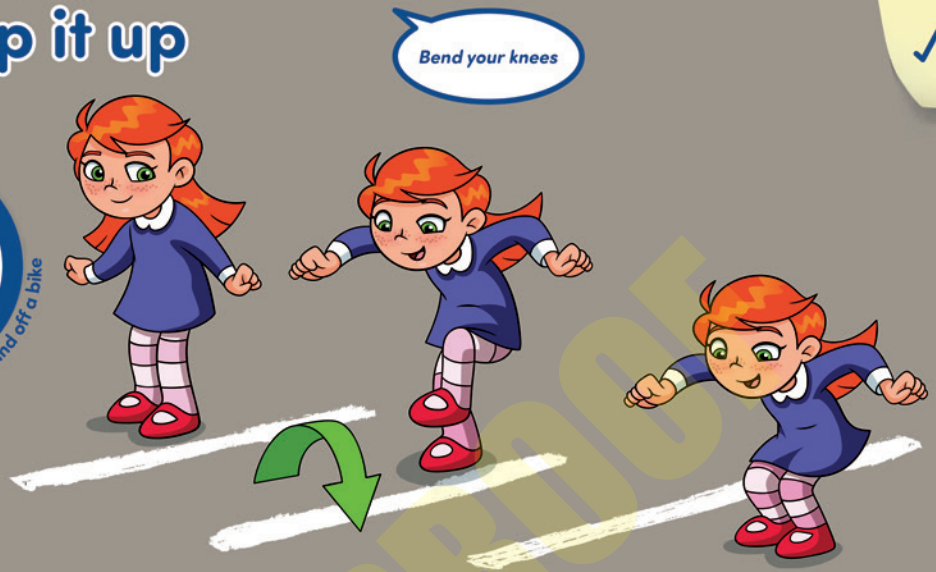
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Prepare 2 Ride

5

Step it up





Now I can...

✓ Step and jump, up and over

Things you may need

- Use existing line, chalk, tape, paper, chair, books, soft toys.

Safety

- Ensure the jumping obstacles are not fixed in place.
- Ensure the surface you lean on is stable.

Easier

- Use small steps.
- Hold on to something in front of you – have a go while holding on to the back of a chair or sofa.

Harder

- Try with the hands on the floor in front.
- Step over an object.

Let's go!

- Draw or find a line to step or jump over.
- Step sideways from one side of the line to the other and repeat.
- Lift feet up high as if stepping onto a bicycle.
- Try jumping two-footed from one side to the other.

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Prepare 2 Ride

Step it up

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me

Why is it easier or harder to jump over the line rather than step over?

Social Me

How can you play this game with a partner?

Healthy Me

Did you find stepping or jumping over the line or obstacle harder? Why?

Physical Me

What different things do you need to do to make sure you clear the line or object?

Creative Me

How can you make this game into a competition?

If playing with a group

Use a longer line with more than one player on each.
Play against the clock.
Work in pairs to count each other's jumps.
Compete against another team.

Create a challenge:

Which team puts in the most effort when stepping or jumping?



Out and about

When you see a crack in the pavement why not practise stepping/jumping over it? Crossing over a stile is great practice!

Did you know?

This game will help to develop coordination.

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Prepare 2 Ride

6

Twist and pass

Now I can...

✓ Grip and control



Let's go!

- Sit back to back with a partner, with a pile of objects to one side.
- Pick up an object and pass across the body to the partner.
- The partner then passes it across their body and places it next to the pile.
- Repeat until all the objects have been passed around.
- Play both clockwise and anticlockwise.

Things you may need

- Ball, soft toy, cereal box, item of clothing.

Safety

- Avoid heavy objects.

Easier

- Play slowly.
- Practise with just one object first.
- Use lighter, squidgier objects.

Harder

- Play against the clock.
- Use larger objects.
- Pass using one hand.

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Prepare 2 Ride

Twist and pass

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me
Which hand do you find easier to pass with and why is that?

Social Me
How can you celebrate success?

Healthy Me
How do you feel when you succeed at this game? Why?

Physical Me
How can you pass the objects more accurately?

Creative Me
What other objects can you try to pass in this game?

Out and about
See how many items you can help with when shopping.

If playing with a group
Play in small groups sitting in a circle or a line.
Play in pairs.

Create a challenge:
Play against the clock. The team/pair that pass the most objects wins.

Did you know?
This game will help to develop control of objects.



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Prepare 2 Ride

7

Stamp and slide

Now I can...

✓ Stamp and slide



Let's go!

- Create or draw a goal.
- Place slideable objects on the ground in front of the goal.
- Start with your back to the goal and the objects in front.
- Stamp one foot forwards onto an object with a flat foot.
- Slide it backwards using the foot, aiming to score in the goal.
- Alternate feet with each object.

Things you may need

- Ball, beanbag or fabric if using on smooth floor.

Safety

- Choose safe objects to slide.
- Ensure that weight is on standing foot.
- Take care not to fall forward.

Easier

- Start nearer the goal.
- Make the goal bigger.

Harder

- Play against the clock.
- Start further away from the goal.
- Create a smaller goal.

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Prepare 2 Ride

Stamp and slide

The following questions can help riders develop their knowledge, understanding and cycling skills. Great for use in the home or at school!

Thinking Me
What do you need to think about when aiming for the goal?

Social Me
Why is it important to take turns when playing?

Healthy Me
Which parts of your body do you use when you play this game?

Physical Me
What can you do to keep your balance when stamping?

Creative Me
What else can we use as a target?

If playing with a group
Play in one large group or smaller groups in a circle with the target in the centre.

Create a challenge:
Who keeps going even when not successful first time?

Did you know?
This game helps to develop object control with the foot.



Out and about
While on a walk, see how many small pebbles you can drag backwards.

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Mini Movers

2-4

Warm up

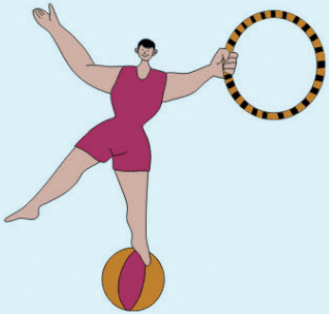
Balance Game

Getting Started

- Move around the space in different ways to the music e.g. Dancing, crawling, twisting, running, jumping
- When the music stops try to do a balance! Each time try and think of a new balance Maybe you can balance together using each other for support

What to look for

- Try holding balances using various body parts e.g. one foot, belly, back, bottom, side, two hands one foot
- Moving in a variety of ways e.g. running, jumping, skipping, sideways, using hands and feet
- Travelling on different levels e.g. on tip toes, close to the floor



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Mini Movers 2-4

Warm up

Pirate Challenge

Getting Started

- Move around the space in different ways to the music e.g. Dancing, crawling, twisting, running, jumping
- When the music stops do a pirate balance challenge! Each time try and think of a new balance. Maybe you can balance together using each other for support

What to look for

- Try holding balances using various body parts e.g. one foot, belly, back, bottom, side, two hands one foot
- Moving in a variety of ways e.g. running, jumping, skipping, sideways, using hands and feet
- Travelling on different levels e.g. on tip toes, close to the floor



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Mini Movers 2-4

Catching Activity

Passing tricks

Getting Started

- Sitting close together sitting and roll a big ball back and forth to each other's hands (If they are struggling to roll the ball straight back to you introduce a target for them to role the ball through e.g. two cones)
- Progress to knees, then eventually standing. Always start close together moving further apart after a certain number of successful passes



What to look for

- Hands ready in front of the body and elbows flexed
- Eyes on the ball
- Arms extend while reaching for the ball
- Object is received with hands only

Ways to change the game

Easier

- Roll the ball across the floor
- Start closer together
- Use a larger ball

Harder

- Start further apart
- Use a smaller ball to roll or roll to the side
- Progress from rolling to throwing to make the catch more challenging e.g. use a balloon or a large ball

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Mini Movers 2-4

Kicking Activity

Coconut Kick

Getting Started

- Stand opposite your child and place a target in between yourselves (ball, bottle, cone)
- Take turns to kick the ball to try and knock over the target.



What to look for

- Make sure the kicker is planting their non-kicking foot next to the ball.
- A spot or a line can be used to mark this point.
- Encourage the kicker to use the side of their foot or their laces, NOT their toes!

Ways to change the game

Easier

- Use a cube to kick instead of a ball as it will remain stationary.
- Place a bean bag under the ball to keep it stationary.

Harder

- Increase the distance from the coconut
- Smaller 'coconut'.
- Running start.

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Mini Movers 2-4

Throwing Activity

Feed the animals

Getting Started

- This game can be played in a variety of different ways. The aim is to encourage a strong overarm throw.
- Place pictures or targets on a wall or head height of the child
- The children have to try and hit the targets (feed the animals) by throwing overarm
- You can introduce rules such as a scoring system or a sequence of animals that have to be hit.



What to look for

Refer to overarm throwing tips card

- Wind up- throwing arm reaches back
- Step with opposite foot
- Rotate body - hips and shoulders should now face opposite side
- Release ball up high (so it flies through the air)
- Follow through - once ball is released throwing arm follows through to opposite side of the body

Ways to change the game

Easier
- Bigger targets
- Start off closer to the targets

Harder
- Move further away from the targets

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Mini Movers 2-4

Dribbling Game

Splat the Planet

Getting Started

- Place 6 to 10 planets in a space all spread out. Planets will need to be flat (maybe you can make some planets on paper or paper plates)
- Encourage your child to dribble around the planets, when you say 'go' they must splat as many planets in 30 seconds to a minute by dribbling over the planets.
- Once they get to the planet, they must roll the ball (with their foot if possible) back and forth to splat the planet
- How many planets can they splat?



What to look for

- Ball close to feet and under control
- Encourage them to look up and dribble to different planets

Ways to change the game

Easier

- To start with just use a body part to splat the planet (without ball)
- Use hands to tap the ball along the floor
- Smaller space and less planets

Harder

- Encourage them to go quicker, whilst still keeping control of the ball
- Increase the space/ more planets

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Vale on the Move

Little Rockets

Activity

Balloon Fun

Equipment required:

Balloon

How to:

Two people sit on floor opposite each other. Try and hit balloon between each other without letting it touch the floor.

This is good for:

Hand -eye co-ordination

Inclusion:

Sit closer to each other. Hit higher for more time

Change it:

Use different parts of your body to hit the balloon.

Try to do the same activity standing up.

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Activity Card

Vale on the Move

Little Rockets

Activity

Jungle Fun

Equipment required:

How to:

Move around area to music and see if you can do the actions of the king of the jungle. Can you:
Swing you arm like an elephant's trunk
Slither across the floor like a snake
Reach as tall as you can like a giraffe - try not to lose balance!
Balance on one leg like a flamingo
Jump like a frog

This is good for:

Developing movement skills such as balance, jumping, rolling

Inclusion:

Let child copy your actions to their ability...

Change it:

Can you think of other animals and copy their actions....

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Activity Card

Vale on the Move

Little Rockets

Activity

Pirate Statue

Equipment required:

Music

How to:

Move around a space to music. When the music stops, freeze and hold your best pirate balance until music re-starts.

How creative can you be with your balances? Can you balance on different parts of your body?

This is good for:

Balance and co-ordination.

Inclusion:

Child chooses balance

Change it:

Change a pirate into an animal and have to balance as your animal (dog - crawling position, snake - slither on floor) etc

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Activity Card

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Little Rockets



Activity

Popping Pirates

Equipment required:

Pile of Items (clothing, books, toys, appropriate household item etc)

How to:

Pirate and shipmate stand apart from each other. Pirate stands with arms out to side. Shipmate has pile of itmes in front of them. Set a time to complete task where shipmate picks up one item at a time from the pile and rtuns to balance it on pirate. How many items can the shipmatre balance on the pirate?

This is good for:

Balance

Change it:

Can the pirate balance on one leg when collecting the items?

Inclusion:

Pirate can sit down. Use lighter objects.

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Activity Card

Mini Movers

3-7

Rolling Game

Bowling Nuts

Getting Started

- Stand opposite your child and place some targets in front of yourselves (e.g. milk cartons, tins, bottles).
- Take turns to roll or underarm throw the ball (or rolled up socks) towards each other's targets aiming to hit them or knock them over. If you're successful, take the target and place it next to your own



What to look for when rolling

- Make sure the ball isn't too big for them to hold
- Swing hand down and back while chest faces forward
- Step forward with opposite foot to hand
- Bends knees to lower the body (if rolling)
- Release the ball close to the floor

Ways to change the game

Easier

- Decrease the distance between each other
- Use more or bigger targets

Harder

- Stand further away from each other
- Use smaller targets or a smaller ball

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Mini Movers

3-7

Back & Forth Game

Treasure Chest

Getting Started

- Place a hoop with treasure (balls, bean bags, fluff balls, cubes) in the middle of the space.
- Take turns to travel to collect a piece of treasure and return it to their boat. The other pirate can then go.
- Pirates must then think of other ways to move instead of forward (on hands and feet, sideways, jumping etc.).
- Pirates must think of other ways to return the treasure (dribbling, throwing and catching, roll/push etc.).



What to look for

- Variety of ways of travelling to collect treasure
- Creative ways of moving with a variety of equipment

Ways to change the game

Easier

- Decrease the gap between the boat and treasure
- Decrease the range of equipment in the hoop

Harder

- Increase the gap between the boat and treasure
- Increase the range of equipment

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3-7

Dribbling Activity

Planet Tag

Getting Started

- Dribble a deflated ball or milk carton around a space using your feet, trying to keep it as close as possible.
- As you are moving around the space call out a body part e.g. knee, bottom, nose. Encourage the child to stop the ball with their feet then place the body part you have called out on the ball,
- Once they have manged to put that body part on the ball, you then carry on dribbling before calling out another body part!

What to look for

- Ball close to feet and under control
- Encourage them to look up for space

Ways to change the game

Easier

- Use hands to move the tap the ball along the floor
- Use an object that won't roll away as easily e.g. **milk carton**, cube, deflated beach ball
- Smaller space

Harder

- Encourage them to go quicker- whilst still keeping control of the ball
- Challenge them to only use one foot e.g. for 10 seconds only use
- your left foot, then only use your right foot, can you use both feet
- Increase the space

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Mini Movers

Obstacle Course Stations

Body Balance

Balance on different body parts

Easy - Hold balance for a shorter time & allow them to hold onto something for support

Harder - Hold the balance for longer with a more difficult position e.g. on one foot or balancing on a certain body parts (stomach/bottom/back)

Balance Line

Tape/Chalk/Rope

Travel in different ways each time on the balance beam... Go on tip toes, Use different levels and directions, forward/back/sideways

Easy - Straight line, walk with assistance, thicker line

Harder - zig zag line, hold a balance half way

Travel

Travel in a variety of ways between two objects e.g. forward, back, side, spinning Use different levels e.g. crawling, bunny hop, bear crawl, belly up / belly down or jumping patterns

Easy - shorter distance, easier movement

Harder - increase the distance, introduce obstacles to dodge

In and out

Cones, tins, objects

Travel in and out of the objects using different levels e.g. on hands and feet and directions e.g. forward, back, side

Easy - less objects, bigger gap

Harder - more objects, smaller gap, pathway e.g. zig zag, curve

Jumping

Jumping can be done in a variety of ways e.g. 1 to 2 feet, 1 to 1 (hop) 2 to 2. You can jump on, off, behind, in front or over objects e.g. cushions on the floor to jump over

Easy - Smaller distance to jump, give assistance (especially for hop)

Harder - Jump off higher objects (with safe landing) or increase distance to jump

Over/ Under

Set up objects to encourage children to climb over and crawl under e.g. chair, bed sheet,

Easy - Lower objects to climb onto or more space for crawling under

Harder - Higher objects to climb, crawling with weight on hands and feet

Limbo

Use a brush / mop and get the child to do the limbo - and think of other ways to limbo under

Easy - Hold the bar higher

Harder - Hold the bar lower to the ground

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As they progress

Jumping Jade

Resources

- Throw-down markers, feet markers
- Measuring sticks, tape measures, chalk



Questions

- How did you decide where to put your marker at first?
- What did you do to your marker after one or two jumps?
- What helps you to jump further?

Let's 'Play to Learn'

- Set out a 'river' for the children to jump over
- Encourage the children to predict where they can jump over the 'river' without landing in the water or where they can jump from one side to the other in two jumps, using a stepping stone, etc.
- Allow the children to adjust their predictions based on experience
- Leave a mark to record the children's best jumps

Safety & organisation

Ensure:

- the surface is clean and free from obstructions
- the jumping surface can absorb landing, e.g. gymnastics mats or grass areas
- children bend their knees on landing using 'Frog Hop' landing

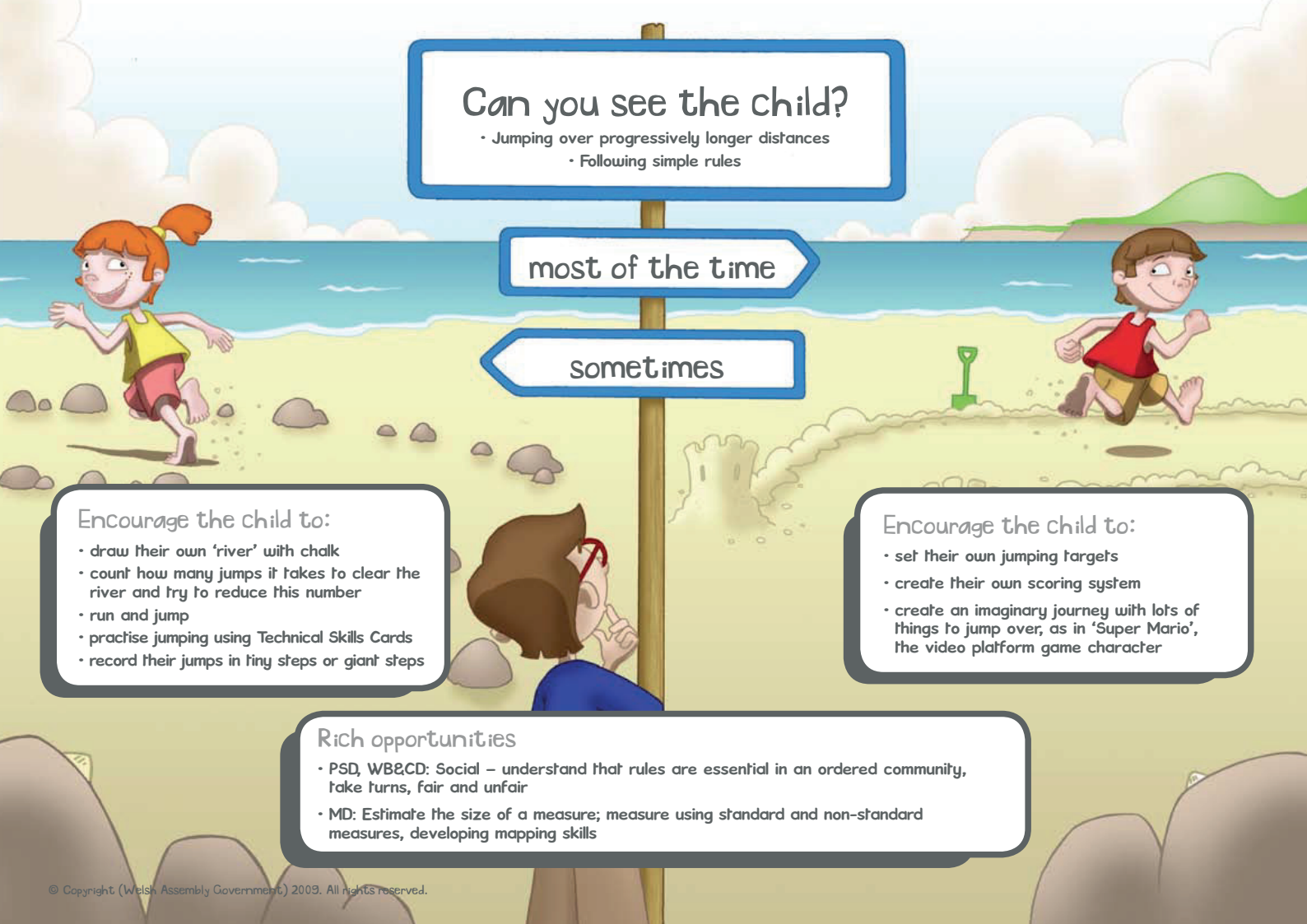
Opportunities to:

- jump over progressively longer distances
- follow simple rules

Key words

- control, coordination, balance
- jump and land
- frog hop
- predict

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As they develop

Creature Chaos

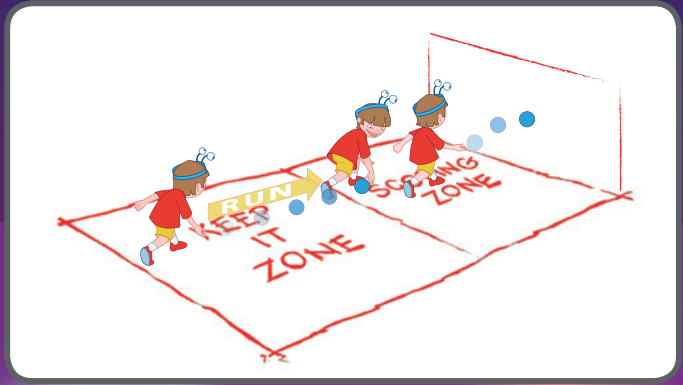
Let's 'Play to Learn'

Encourage the children to:

- Dress up as aliens
- roll a ball into the 'keep it zone', pick the ball up and run into the 'scoring zone', then roll/underarm throw a ball to hit a large target/ goal. Return to the 'keep it zone' and repeat
- Roll/throw a ball in the 'keep it zone', run to collect/pick up the ball move into the 'scoring zone', then throw underarm accurately for a more able child or a practitioner to catch
- Set targets for how many 'goals' they can score in three attempts/30 seconds
- Record their attempts with support using a simple scoring system
- Play beat the clock or beat their previous score

Key words

- control, coordination
- roll, throw, 'goes', attempts
- 'keep it zone', 'scoring zone', spatial awareness
- target, hit, miss, goal, score
- send



Opportunities to:

- develop increasing control over large body movements
- recognise and use different pieces of equipment
- follow simple rules of a game

Resources

- Throw-down markers/chalk markings
- Bean bags/soft toys
- Wide variety of balls, including 'Fit' balls
- Quoits
- Balloons
- Hoops
- Large targets, parachutes, walls, etc.
- Alien costumes, masks, etc.
- Garden divided into two halves – 'keep it zone' and a 'scoring zone'

Questions

- What are you looking at as you roll the ball?
- Which 'goal' is the easiest to hit?
- How do you know when you are in the 'scoring zone'?
- What happens when you play 'beat the clock'?

Safety & organisation

Ensure:

- the surface is clean and free from obstructions
- costumes do not restrict children's movements or vision

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Can you see the child?

- Developing increasing control over large body movements
- Recognising and using different pieces of equipment
- Following simple rules of a game

sometimes

most of the time





Encourage the child to:

- practise rolling and throwing – refer to Technical Skills Cards
- play in separate 'gardens' initially
- discuss which targets might be easiest to hit before they start
- work with a partner to help one another

Encourage the:

- aim at smaller targets
- complete a slalom course in the 'keep it zone' before they enter the 'scoring zone'
- compete against another child in adjacent 'gardens'

Rich opportunities

- KUofW: Time and people – measure time using simple measuring devices and clocks
- MD: Handling data – collect, represent and interpret data

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Further information:

Healthy Living Team:
sportsbookings@valeofglamorgan.gov.uk



Tel: 01446 704808

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