

Vale on the Move

Little Rockets

Launching children
to an active life



A physical activity
pack for families



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



IMPROVES
SLEEP



DEVELOPS
MUSCLES
& BONES



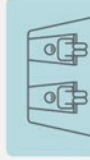
CONTRIBUTES TO
BRAIN DEVELOPMENT
& LEARNING



ENCOURAGES
MOVEMENT
& CO-ORDINATION

Every movement counts

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



PLAYGROUND



JUMP



CLIMB



THROW/CATCH



SKIP



GAMES



PLAY



DANCE



OBJECT PLAY



SCOOT



BIKE



WALK



SWIM

Under-1s

at least
30 minutes
across the day



TUMMY TIME

Get Strong. Move More. Break up inactivity

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



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS

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



PLAY



RUN/WALK



BIKE



ACTIVE TRAVEL



SPORT



WORKOUT



DANCE



SWIM



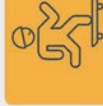
CLIMB



SKIP



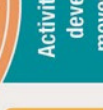
SWIM



SKATE



BIKE



ACTIVE TRAVEL



SPORT



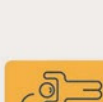
WORKOUT



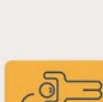
DANCE



SWIM



CLIMB



SKIP

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

Get strong

Move more



INACTIVITY

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

Why is physical activity important

and how much should my child be doing?

For children, regular physical activity is important as they are 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 skills such as movement, balance, throwing in the way that meets their individual needs. It also helps to have lots of opportunities to be active and practice these skills to grow up enjoying activity and feeling confident that they have the skills to take part in physical activity throughout their life.

Take a look at this link which explains why developing physical skills is so 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 be anything from a specific sport to playing simple games at home such as hide and seek, chasing, throwing/rolling and catching a ball.

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.

- ☐ If child has difficulties reaching objects in floor, place on a higher surface
- ☐ If child has difficulty gripping balls etc, use objects that are easier to grip such as soft toys, deflated football etc
- ☐ Use lighter / softer / bigger items 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 (e.g. on a table)
- ☐ Include objects with a noise in them when throwing / rolling to help children track movement
- ☐ Give time for children to process



Stages and Ages



Please remember that all children are different and will develop at different rates and these age bands are used as a guidance only and will be appropriate to individual needs.

0-2 Years

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/sitting/standing: As your baby gets stronger and starts to roll over/sit/stand, this is helping them learn about 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. The more experiences they have, the more connections they are building in their brains.

Crawling: Crawling is an important milestone after rolling and sitting up. It supports brain development by helping both sides of the brain work together, builds strength in core muscles, arms, shoulders, and legs, and lays the foundation for future skills like walking and running. Crawling also improves coordination because it requires both sides of the body to move differently but work together.

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 skills later on and to be active throughout life. All the movement and play that children have will help them develop their brains as well as their muscles. Lots of the activities you will be doing will help with skills they may use in lots of aspects of life. For example, if you play a rolling game with a ball, this helps children to develop their tracking skills as it rolls back and forth. This tracking in turn is also used for reading.

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

- Movement
- Throwing
- Balancing
- Rolling
- Catching
- Pushing/pulling an object
- Co-ordination
- Hopping
- Jumping / landing
- Kicking a ball

Stages and Ages

3-7 Years



Helping Your Child Get Moving.....

When children start in the Foundation Phase, they've already been learning movement skills through play—often without you noticing! Now they're ready to build on those skills. The more they learn to move, the more confident they become, which helps them stay active as they grow. This confidence is important later in life so they feel happy trying new activities.

Families play a big role in this. Simple games like running, jumping, catching, throwing, and kicking help children develop the skills they'll need to join in sports and physical activities as they get older. You don't need special equipment or expensive clubs—many skills can be practised on the way to school, at the park, or even during a walk to the shops.

Foundations Framework for Wales

The Foundations Framework Wales helps adults create positive, fun, and developmental sports experiences for children aged 3-11, focusing on enjoyment, skill-building and confidence to lead to long-term involvement in activity. The framework focuses on three core, child-centered pillars: Safe, Enjoyable, and Developmental activities to ensure children have appropriate experiences and opportunities to stay active.

Find out more information: <https://www.sport.wales/foundations/>





What are the activity cards?

The activity cards provide ideas for families to do at home with children to develop basic physical skills / movement and include more physical activity into daily lives. No special equipment is needed – you can use what is around your own home – e.g. as a target, use a wash basket or if you don't have a ball why not use rolled up socks or a rolled up scarf.

All children have individual needs and will develop at different rates. As a parent/carer, you know your child best and what stage they are at so can look at activities that will suit them best.

Early Years



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.



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!



**Cronfa Iach ac Egniol
Healthy & Active Fund**

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



Early Years Wales 2018. Registered in Wales.
Registered Office: Unit 1, Coopers Yard, Curnen Road, Cardiff CF10 5NR
Company limited by guarantee 3184233. Charity 1004381
Blynyddoedd Cynnar Cymru 2018. Gofrestrwyd yn Cymru.
Seddfa Gofrestrwyd: Unit 1, Jardy Coedpar, Ffordd Curnen, Caerdydd CF10 5NR
Cwmni cyfyngedig trwy wasiant 3184233. Eiddau 1004381

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

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.



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.



Early Years



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!



Early Years Wales 2018. Registered in Wales.
Registered Office: Unit 5, Cynwys Park, Cynwys Road, Llanelli CF23 5BB
Company limited by guarantee. 3146133. Charity 1055361
Blynyddoedd Cynnar Cymru 2018. Gofynnwyd yn Gymru.
Swyddfa'r Gyfarwyddwr: Unit 5, Cynwys Park, Cynwys Road, Llanelli CF23 5BB
Cwmni cyfyngedig ffry wladol 3146133. Eiddo 1055361



Early Years



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

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.

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



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

Early Years



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](#)



Cronfa Iach ac Egniol
Healthy & Active Fund

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



Early Years Wales 2018, Registered in Wales. Blynyddoedd Cynnar Cymru 2018, Gofrestrwyd yn Cymru.
Registered Office: Unit 1, Coopers Yard, Curran Road, Cardiff CF10 5NB. Sioeddfa Gofrestrwyd: Unit 1, Iarddy Coedpar, Ffordd Curran, Caerdydd CF10 5NB.
Company limited by guarantee 3184233. Charity 1004361. Cwmni cŷfyngedig trwy wasiant 3184233, Eiddon 1004361



Early Years



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!

Early Years



'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)



Cronfa Iach ac Egniol
Healthy & Active Fund



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

Early Years Wales 2018. Registered in Wales.
Registered Office: Unit 1, The Loft, 9 Hunter Street, Cardiff, CF10 5GR.
Company limited by guarantee 3164333. Charity 1056381.
Blynyddoedd Cynnar Cymru 2018. Gofrestrdd yn Cymru.
Seyddfa Gofrestrddig: Unit 1, The Loft, 9 Hunter Street, Caerdydd, CF10 5GR.
Cwmni cyfyngedig trwy wariant 3164333. Ewsen 1056381.





Learn to Ride

1

Prepare 2 Ride

Fingers and thumbs



Don't crush the tube!

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.



2

Prepare 2 Ride

Steady as you go!

Learn to Ride

Now I can...

✓ Walk, balance
and look

Steering

Keep looking
ahead

Keep hands level

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.

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.



3

Prepare 2 Ride

Swipe and swap

Learn to Ride

Now I can...

- ✓ Move objects from side to side across my body

Body position



Squeeze
knees and feet
together

Hold tummy in
tightly

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, crumpled up t-shirt, soft toy, kitchen roll tube.

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.

Safety

- Avoid heavy objects.
- Use correct posture.



5

Prepare 2 Ride

Step it up

Learn to Ride

Bend your knees

✓ Now I can...
Step and jump,
up and over



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.

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.



Learn to Ride

6 Prepare 2 Ride Twist and pass



Now I can...
✓ Grip and control

Keep your
shoulders still

Hold tummy in
tightly

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.

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.



7 Prepare 2 Ride Stamp and slide

Learn to Ride

Now I can...
✓ Stamp and slide

Keep your
foot flat

Pedalling



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.

Power with
your foot

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.





Warm up

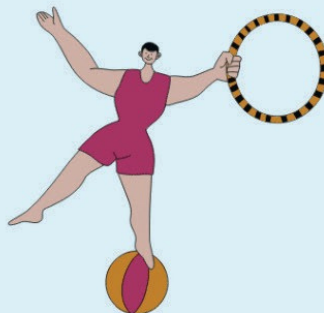
Balance Game

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





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





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



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.



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



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



ACADEM CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



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





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



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



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



ACADEMI CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



Mini Movers

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 managed 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



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



ACADEM CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFOROL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



Mini Movers

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

Obstacle Course Stations

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



Prifysgol Cymru
Y Drindod Dewi Sant
University of Wales
Trinity Saint David



ACADEMI CYMRU AR GYFER
IECHYD A LLYTHRENNEDD CORFFODL
WALES ACADEMY FOR
HEALTH & PHYSICAL LITERACY



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:

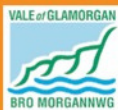
Sit closer to each other. Hit higher for more time

Change it:

Use different parts of your body to hit the balloon.

Try to do the same activity standing up.

Activity Card





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 your 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

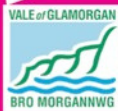
Inclusion:

Let child copy your actions to their ability...

Change it:

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

Activity Card





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 items in front of them. Set a time to complete task where shipmate picks up one item at a time from the pile and runs to balance it on pirate. How many items can the shipmate balance on the pirate?

This is good for:

Balance

Inclusion:

Pirate can sit down. Use lighter objects.

Change it:

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

Activity Card



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

Activity Card



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

Key words

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



Opportunities to:

- jump over progressively longer distances
- follow simple rules

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

As they develop



Creature Chaos

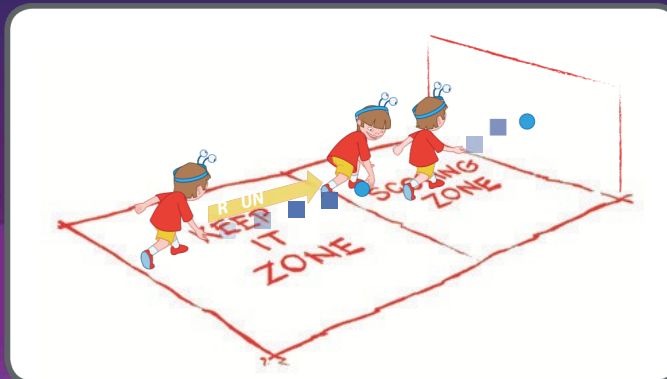
Let's 'Play to Learn'

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 into 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

More Resources

BORROW AND BE ACTIVE

Borrow sports equipment for free and enjoy being active at home or in your local area.

Blue bag

Foundations Bag

This bag is designed for young children in nursery or the Foundation Stage. It includes fun items that help develop important movement and coordination skills, such as throwing and catching.

Turquoise bag

Young person/ Adult Bag

This bag is designed for children, young people and adults. It includes equipment like table tennis bats, balls, skipping rope and resistance bands—perfect for staying active at home or in your local park or open space.

Green bag

Tennis Bag

This bag, at specific sites only, comes with everything you need to enjoy tennis, including rackets and balls. You can choose an adult set or a child set—then just head out and play! Visit our website to find out where you can play tennis.

How it Works:

- Visit your local library or setting with bags
- Select bag you want to borrow
- Borrow as you would a book
- Get Moving and have fun!

FREE

Find your local lending station and further information:

@valesportsteam1
<https://bit.ly/valesportsandphysicalactivity>



VALE PLAY TEAM



COMMUNITY PROJECTS



PLAYWORK TRAINING



INCLUSIVE PLAY PROVISION



PLAY EVENTS



EQUIPMENT HIRE



FAMILY PLAY SESSIONS



@valeplayteam



playdevelopment@valeofglamorgan.gov.uk





Further information:

Healthy Living Team:
sportsbookings@valeofglamorgan.gov.uk



Acknowledgements

Some of the ideas included have been produced by the following organisations

British Cycling:

University Wales Trinity St Davids:

<https://physicalliteracy.cymru/minimovers/>

Sport Wales: [www.https://www.sport.wales/foundations/](https://www.sport.wales/foundations/)

Early Years Wales:

<https://www.earlyyears.wales/en/welsh-active-early-years>

Follow us on social media/youtube for more ideas:

@valesportsteam1

Find out more info on upcoming sessions / events:

valesportsteam.eventbrite.com

Follow us on website: www.valeofglamorgan.gov.uk/en/enjoying/Sports-and-Play