

BEING HEALTHY, SAFE AND ACTIVE

General ideas for one or more children at once:

Running is just about the simplest form of exercise there is, and it's perfect for all children.

Children can run outdoors in the garden, but also inside: down a hallway, or even around (and around, and around) a large table. Running can also be combined with other moves into games.

Vary movement patterns by having kids switch from running to skipping or try running in place with feet very close to the ground (this is called "fast feet").

They can also run with high knees (lifting alternating knees toward the chest with each step) or "butt kicks" (kicking alternating heels toward buttocks with each step).

Changes of direction (side-to-side or reverse) work both muscles and brains, improving coordination.

- **Squat Relay:** Line up on opposite sides of the room, facing each other. On "go," all children or you and the children, run toward the centre of the room and meet in the middle. They do three squats, giving each other a high-five with both hands in between each rep. Then they return to the starting point and repeat.
- **Corners:** Divide kids up so that they each have a home corner. Then have them run around the room in a circle, On your cue, they return to their home corner and do a few easy exercises (say, 5 jumping jacks or one 30-second plank). Let children decide what exercises to do in each corner to give them ownership over their game.
- **Traffic:** "Red Light, Green Light". Children stop and start at red and green lights, but they also do a side shuffle for a yellow light, do bunny hops at speed bumps, link elbows and run with a partner for a "carpool". Go in reverse, round a roundabout etc.
- **Jumping Jacks:** stretch arms and legs out to the side like a starfish while jumping, return arms to sides and legs to centre on landing
- **Tuck Jumps:** bend knees and lift heels high while jumping
- **Hurdle Hops:** jump side-to-side or front-to-back over pretend hurdle
- **One-Foot Hops:** lift one knee and jump on standing leg; alternate (this is a great balance challenge too!)
- **Criss-Cross Feet:** jump straight up, then cross one foot in front of the other; on next jump, switch feet and continue

General ideas

Leap frog

Hurdle over objects

Skipping

Running

Throw and catch small / big ball

Run and score a rugby try in the garden

Kick a ball

Score a goal (soccer)

Kick to kick (footy)

Skittles – rolling / kicking

Invent a game

Fielding: two or one hand pick up off ground and throw at target

Overarm throw at target

Dribbling a basketball

Shooting a basket

Long jumping (One foot to 2 feet)

Broad jumps (2 feet to 2 feet)

Front support / push position and hold for 30 seconds

Set up pieces of paper with numbers on or in different colours – throw gumnut / or other items to land on the targets. Challenge your accuracy by using playing cards.

Balloon play – keep balloon up in the air. Use only one hand. Alternate hands. Use your head or foot instead.

Rollup some paper or card to make a “stick” – use this to keep the balloon up in the air.

Do log rolls on the grass.

Complete 10-star jumps

Jump and turn 180 or 360 degrees (half / full turn)

Useful websites:

<https://www.natureplay.org.au/>

<https://kiddo.edu.au/>