

Have Fun and Be Active!

Physical Activity

School Readiness

Movement made easy

Rhythms



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Successful Movement BASICS

Children learn from top to bottom, inside to out. The BASICS happen when they learn the following concepts!

Auditory Cueing to Music

Starting and Stopping signals are important! Begin with music as the cue to begin and stop movement. Use any lively music to teach this concept.

♫ **Dance Freeze** (Smart Moves 2)

An Invitation to Move!

Play inviting music where children can use their imagination and warm up their bodies.

♫ **Come and Move Like This** (Hoppin' and Boppin')

Personal Space

Defined as the area around you, as far as you can reach. Wherever you go, you have your own personal space. Children need to learn how to move safely, defining their personal space helps to create a natural awareness. Blow up a bubble all around you and don't let it pop as you move around. Begin moving in a small area and then expand to a larger area.

♫ **Colors in Motion - Basic** (Can Cockatoos Count By Twos?)

Side to Side

On the signal to begin, move safely within general space. When you hear "SIDE TO SIDE," quickly STAND SIDE TO SIDE with whoever is close by. Repeat many times.

Hand-eye Coordination

√ **Organization tip:** Balloons are exciting and easy to play with. They are large and slow moving which helps to develop hand-eye coordination. The visual tracking will help strengthen eye muscles and reading readiness. Due to latex allergies and possible choking hazard, balloons must be supervised when young children are involved.

Exploration

Play song, tap balloon with various body parts.

♫ **Keep It Up** (Smart Moves 2)

Hand-eye / Tracking skills

Can you ...softly tap your balloon into the air? Hit it up high? From hand to hand? Hit your balloon with your hand/thumb/elbow/head/foot? Keep your balloon in the air for a long time by tapping it up? Toss your balloon in the air, then jump and hit it with one hand? Hit your balloon in the air, clap and catch it? 2 claps? 3 claps? Hit your balloon into the air, turn around and catch it?

Games/Activities

Twist and Turn

Stand back to back with one friend holding a balloon. Both friends twist to the same side, pass the balloon and then turn quickly to the other side and pass the balloon again. Put down the balloon and try it with a fluffball.

Toss and Catch

Turn around and look at your friend and take one giant step backward. Toss the balloon to your friend. Keeping tossing and catching, be a good tosser!

Follow the Leader

Look at your friend and see who is the tallest. The tallest friend will hold a balloon and be the leader first. The other friend will have a balloon also. Do what the leader does, moving around in the play area. After a signal, switch leaders. How many neat and different ways can you move?

♫ **Shadow Dancing** (Kids in Motion)

Clean The Room

Divide play area in half. Divide children into 2 teams standing on opposite sides of the play area. Scatter half of the balloons on each side. On cue, "CLEAN THE ROOM" children throw all the balloons they can find from their side to the other side until cued to stop. Repeat several times.

♫ **Clean Up Song** (Smart Songs 2)

Rhythm and Creativity

√ **Organization tip:** Children enjoy experimenting and exploring with new objects, scarves helps to achieve these goals. Music develops many motor skills including rhythm and timing.

Exploration: Begin by playing lively music, encourage children to explore with the scarves for a few minutes. Watch their creativity.

Scarf Tossing/Catching: To toss a scarf, lay it on the ground. Using your thumb and pointer finger, gently lift the scarf up and flick your wrist to toss it high. As you go to catch it, keep your palm facing down.

♫ **Toss It High Let It Fly** (Can Cockatoos Count By Twos?)

Scarf Challenges: Can you toss the scarf up high and catch it close to the ground? Can you toss the scarf and make it land on your hand/arm/head/foot? Try tossing with one hand then catch it with the other hand. Let the other hand toss it up and catch it on different body parts. Create new ways to toss and catch the scarf!

♫ **Magic Scarf** (Can Cockatoos Count By Twos?)

School Readiness

√ **Organization tip:** Rope activities for young children focuses on flat-rope (laying the rope on the ground) activities. Yarn or soft ropes are well suited for young children. Make sure ropes are a safe distance apart from one another.

Locomotor: Can you walk forward/backward along the side of your rope, to the end and back? Hop on one foot down, change feet and come back. Side-slide/skip/jog/gallop around the rope? Who can jump over their rope from side to side like a skier? Can you create a new to move using the rope?

♫ **March Around Our Ropes** (Rowdy Ropes)

Rope Shapes: Can you make a circle/square/triangle/oval/heart with your rope? Stand inside it now, then jump out of it and then back in? Walk around your shape. Balance on one foot inside of your shape. Who can leap all the way over their shape?

♫ **Jump Rope Shape** (Rowdy Ropes)

Rope Letters: Can you draw the letter "C" in the air? Show me how you can make your rope look like the letter "C". Stand in your "C". Jump in and out of your "C". Walk and touch 3 other "C" letters (if available). Name some words that begin with "C". (Use other letters as well: B, H, J, L, M, N, O, P, S, T, U, V, W, Z.)

Games/Activities

Rope Lines: Place 4 ropes in parallel lines spaced 6-8" apart. One child at a time walks sideways crossing one foot over the other taking care not to step on the ropes. Repeat back with the other foot. Try this with chalk on a sidewalk too!

♫ **Rowdy Ropes** (Rowdy Ropes)

Rope Stars: Prepare a star (like the spokes of a bicycle wheel) using 4 ropes for the children to step over crossing one foot over the other.

Make Your Own Shape: Prompt children to explore making new things. Let their imagination soar!

 **Notes:**