

Physical

Copy Me

Make a movement – can your child copy it? You could swing your arms, touch your toes, wiggle your fingers or make shapes with your body. Make big movements and small ones. Your child could pretend to be your mirror as they copy the movements.



Dance

Get your bodies moving with some dance moves. Play music on your phone, or tap out a beat on the table, or sing! How does the music make you feel? Wave your arms in the air, wiggle your hips, bend your knees, stamp your feet, clap your hands, spin round. Make up some dance moves and teach them to each other.



Silly Races

At the park or along the pavement, have a race. Choose a finish line – maybe the post-box, or a tall tree. Will it be a running race? What about walking sideways or backwards, hopping, pushing, skipping. Can you go very slowly? Really fast? Ready, steady, GO!



How Many Can You Do?

Practice doing star jumps, squats, toe touches, lunges, arm raises, hops. In the park, out for a walk, or at home, choose an action and see how many you and your child can do in... 10 seconds? 30 seconds? You could count out loud or use the timer on your phone.



Indoor Obstacle Course

Think of ways to go over, under, on top, around or through. You could use cushions as stepping-stones, chairs for going over or under, a table could be a tunnel. If you have some tape/string you could place it in a straight line for tightrope balancing or use it to tie across the room around chair and table legs for climbing over and under, like a spider's web or laser beams. Try not to touch it!



Copy Me

At earlier stages of development and for children with learning differences:

Your child could try moving towards a sound, like the jangle of your keys.

Follow your child's lead and copy their movements, the sounds they make, and their facial expressions.

Ideas for challenges:

Add more than one movement to copy at a time.

Give spoken instructions – try two or three in a row: 'touch your toes, spin round and sit down'.

Swap so you copy your child's movements.

Why Get Physical?

Moving is good for all of us.

It keeps us healthy, supports memory and coordination, and improves our mental health.

You and your child can be playful, silly, and laugh a lot when you move together.

You can adapt the movements to suit your child's stage of development and learning needs. You know your child. Do they need to see you have a go first? How long will they stay focussed? Do they need a challenge? Are they ready to show YOU something new?

Here are some ways you can adapt a Physical activity.

Silly Races

At earlier stages of development and for children with learning differences:

Enjoy moving together, travelling in different ways that suit your child's needs.

Adapt your own pace to fit with your child's.

If your child is in a pushchair or wheelchair, zig-zag along, or pull so they experience moving backwards.

Ideas for challenges:

Run laps – run 4 times back and forth from your starting point to your finish line, or if you are at the park, how many times can you run round it?

Can you do it faster next time?

How Many Can You Do?

At earlier stages of development and for children with learning differences:

Have fun counting movements with no time limit – count the number of times your child nods their head, or how many steps they take, or how many claps they do. Do the movements with them.

Ideas for challenges:

Do it for longer – how many can you do in 1 minute?

Repeat it – can they beat their last score?

Challenge your child to design a workout – give them a time length and what to include e.g., 2 minutes long with star jumps, squats and lunges. Then you have to do the workout!

Indoor Obstacle Course

At earlier stages of development and for children with learning differences:

Help your child to be aware of their body – hold their hands and feet so you can move their arms and legs. Wiggle their fingers and toes with your hands. Does it tickle?

Find ways to change position – rolling, lie on the front or back. You can do it too!

Ideas for challenges:

Do the obstacle course without touching the floor. Time how long it takes to complete – can they do it faster next time?

#ReclaimPlayfulness

