

MINI MOVERS - WEEK FIVE

Aim
Roll
Run

Use of skills

Remember that when you planning around the 3 skills, it helps:

- you focus on observing and assessing these specific skills.
- you identify skills where children require additional support.
- you to develop new activities on a regular basis.
- children develop more and develop a wider variety of skills.

Using this Resource

1. Learn about each skill on page 2.
2. Print off flashcards on page 3 and 4 for the activities and to place around your setting. Use Mini Moves cards if you have them.
3. Plan activities based on the skills for your PE lessons, for daily activities and to send ideas home.

Activity Ideas

Suggestions when planning activities with the skills:

- Active stories – create your own or add to existing stories
- Dancing/movement to music
- Obstacle courses
- Games
- Combining two or all three moves to create new activities.
- Add skills to existing activities.
- Place the words or images of children doing the skills around your indoor and outdoor areas so that your children can try them in their own time (after you have shown them what the skills look and feel like).
- Share your weekly skills with parents, giving children more opportunity to develop the skills in different environments.

WEEK FIVE SKILLS



Aim

Children need to be able to aim when playing throwing and kicking games.

This skill develops gradually. Children will need good spatial awareness, balance and hand-eye coordination in order to successfully aim objects.

Aims:

- Can roll, throw, kick or strike a ball/object through a space
- Can roll, throw, kick or strike a ball/object towards a space
- Can roll, throw, kick or strike a ball/object towards an object
- Can roll, throw, kick or strike a ball/object to another person



Roll

Rolling is the transference of weight to different body parts around a central axis. Learning to roll helps to prevent injury when falling or overbalancing.

Rolling is one of baby's first important motor milestones, supporting the development of postural control and a good cross-body movement. Babies learn to roll from birth, however some might take some time before they can do so. When first teaching forward and backwards rolls each individual child should be supported by an adult and helped to roll correctly.

****Rolling can also mean rolling a ball****

Method

Children need to learn to roll forward, backward and sideways (pencil roll).

When children first learn to roll incline/cheese mats can help.

Things to Try

If children have physical disabilities that prevent them from moving their whole bodies they can roll one arm over the other, etc.



Run

Running is an extension of walking, except there is a flight phase when both feet are momentarily off the ground.

Method

The child should keep their head and body steady, with eyes facing straight ahead. Their arms should move vigorously forward and backward with their elbows bent at a 90° angle. Keeping their knees high and feet close to the buttocks will increase their stride length and speed.

Things to Try

Provide many opportunities for children to run, outdoors and indoors (where there is adequate space).

Encourage running through imagination, i.e. fast as a cheetah, chasing games, etc.

Aim



Roll



Run



Aim

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