

MINI MOVERS - WEEK FOUR

March Squat Stretch

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 FOUR SKILLS



March

This is a great cross-body/bilateral action but might take some time for young children to figure out as they will need to coordinate their arms and legs.

Method

Try getting the child to practice leg marching move without arms and arm marching moves without legs.

Eventually children will be able to put both arms and legs together.

Things to Try

- Try sitting down to start with if children are struggling with balance.
- Marching to music or songs will help with rhythm.



Squat

Squatting is important for building strength, power and muscle.

Method

- What a correct squat looks like:
- Upright torso with open chest
- Knees apart, bent and over the toes
- Head upright, relaxed and looking forward
- Back straight and solid
- Feet shoulder width apart and flat on the floor
- Weight on heel
- Hips below the knees

Things to Try

Between 12 and 18 months, when a child bends over to pick something up show them how to bend their knees into a squatting position and encourage them to practice this.



Stretch

Children's muscles can tighten when they are active so stretching helps their bodies to recover while remaining flexible.

Babies need to reach and stretch to collect objects to support their development.

Make sure children do not overstretch; explain to them that they should always feel good when they are stretching.

Method

The child can stretch whilst lying down, sitting or standing. If standing, ask them to stretch as high as they can while standing on their tiptoes.

Things to Try

- Try stretching in fun ways such as through active stories, yoga-based moves, etc.

March



Squat



Stretch



March

Squat

Stretch