

# MINI MOVERS - WEEK ONE

Jump  
Crawl  
Shuffle

## 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 ONE SKILLS



## Crawl

Some babies never crawl, however it is important to offer opportunities to prepare babies and encourage them to crawl, such as 'tummy time'. Some countries use the term creeping for crawling and vice versa.

Crawling have many benefits, including:

- Helping to strengthen muscles, and the tiny intrinsic muscles in the hand
- Assists children in learning bilateral coordination of their arms and legs
- Supports the development of the visual-motor system

### Method

Ask the child to propel themselves forward on their hands and knees with their stomachs away from the ground.

### Things to Try

- Include tunnels in obstacle courses, make small dens, pretend to be animals such as dogs and cats.



## Jump

Babies and toddlers love to jump with the support of adults or objects such as tables, bars attached to walls, etc.

When children are ready to jump by themselves they will prepare for jumping by slightly bending knees and swinging arms backwards.

### Method

With feet close together, push off with both feet and land on both feet.

Children will eventually propel their arms forwards and upwards whilst they are in the air.

### Things to Try

Encourage the child to:

- Jumping upward and jump forwards, backwards or from side to side
- Jump with two feet and land in the same place, or in a different place.
- Jump onto something, off something, into something, out of something (such as a hula hoop).

Children will require muscle strength and balance in order to jump effectively.



## Shuffle

Children can shuffle until they are confident to walk and it will help develop their balance.

### Method

Ask the child to move forward without lifting their feet off the ground.

### Things to Try

- Place beanbags or similar objects on children's feet, which are their 'eggs' and they should shuffle along as 'penguins' whilst trying not to drop their eggs.
- Children can shuffle on balancing beams until they develop confidence to walk.

# Jump



# Crawl



# Shuffle



**Jump**

**Crawl**

**Shuffle**