

# MINI MOVERS - WEEK SIX

## Bend Gallop Spin

### 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 SIX SKILLS



## Bend

Bending exercises improve flexibility by stretching and opening tight areas of the body.

### Method

Ask the child to:

- bend forwards at the waist or hips
- bend sideways at the waist
- bend at the knees
- Bend the elbows
- Bend both knees and elbows at the same time.

Avoid going into a squat as this is a different skill.



## Gallop

### Method

The child should step off with one foot and the other foot will follow in a forward motion.

Weight is transferred from the front foot to the back foot with a small leap.

This should be repeated on the other side.

Side galloping is the same but with moving one foot at a time to the side.

### Things to Try

Include the imagination by asking the children to pretend to be horses



## Spin

Spinning is important for the development of balance in babies and young children. When children are mobile they will naturally spin, however they might be wobbly at first, so try to provide a safe environment.

### Method

Ask the child to spin around while standing, at a speed they are happy with. Arms can be outstretched or by their sides.

Encourage spinning both left and right.

For babies, gently and slowly spin around in a chair, supporting baby's whole body and head. Only do this for as long as they are enjoying it. Do this little and often.

### Things to Try

Provide different ideas such as spinning fast, slow, left and right.

Include spinning in active stories.

# Spin



# Bend



# Gallop



**Spin**

**Bend**

**Gallop**