

MINI MOVERS-WEEK NINE

Pull
Skip
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

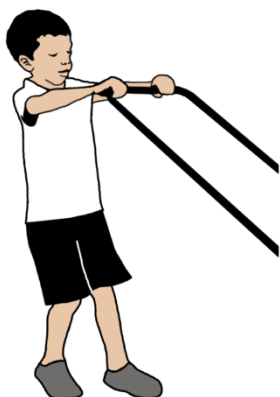
1. Learn about each skill on page 2.
2. Print off flashcards on page 3 and 4 for the activities and to place around your setting. Use Mini Moves cards if you have them.
3. Plan activities based on the skills for your PE lessons, for daily activities and to send ideas home.

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 NINE SKILLS



Pull

Using upper and lower body strength to move an object or person towards you or away from a fixed point.

Method

Children will initially only use their arms to pull so little force will be used. Eventually they will learn to use their whole body, lean backwards, and pull with more power.

Things to Try

- Model how to pull.
- Create games where they need to pull objects.
- Use imagery and add pulling to active stories.



Skip

Skipping is a good cross-body/bilateral activity.

Method

The child should march with knees high; each time one knee is in the air, they should hop on the other foot - step/hop, step/hop, step/hop. This is a rhythmical movement.

Things to Try

As children are learning to skip:

- They should stand still and raise one knee while touching it with the opposite hand, alternate.
- Once they can confidently touch opposite knees, do this with a step in-between the alternative moves.
- When children are confident at this they can start moving forward faster until they are skipping.



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

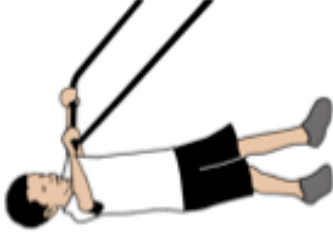
Ask child to spin around while standing, at a speed they are happy with. Arms can be outstretched or by their sides. Spin both clockwise and anticlockwise.

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, to music, etc.
- Include spinning in active stories.

Pull



Skip



Spin



Pull

Skip

Spin