

Mini Movers - Week Eight

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Wiggle – Creep – Lunge

Please join us in encouraging your child to explore using them in different way.

You can refer to the suggestions we made in our first letter or just take them to local child-friendly areas where they can move and play freely. The suggestions were:

Active stories

Movement walks

Dancing/movement to music

Obstacle courses

Familiar activities

Here is further information about the skills of the week and further ideas.



Wiggle

Wiggling the body supports gross motor development while wiggling fingers and toes supports fine motor development.

Method

Whilst lying down, sitting or standing, ask the child to wiggle various body parts (arms, legs, bottom, fingers, feet, etc.) as fast as possible.

Children can then try wiggling their whole body at the same time.

Things to Try

- Wiggle individual body parts to music.
- Introduce action songs where children need to wiggle their fingers and toes.



Creep

Creeping is belly crawling using arms and legs to propel forward. This should lead to crawling (belly off the ground and on hands and knees). Some countries use the term creeping for crawling. Both creeping and crawling are very important for muscle development, balance, coordination and support the development of fine motor skills.

Method

Whilst lying on the ground on their belly, the child should propel themselves forward with their arms and legs, alternating the use of opposite arms and legs.

Things to Try

- Encourage children to creep through small tunnels made from boxes, fabric draped over objects with a small space between them, etc.
- Include creeping in active stories, think of animals that might creep.



Lunge

Lunging improves balance and co-ordination, as well as increasing flexibility.

Children in the early years will need help to develop this balance so allow them to hold on to something or lean against a wall for support until they are able to lunge unaided.

Method

Ask child to place one foot in front of the other with a wide space between the feet.

Get them to bend their front knee and keep their back leg as straight as they can.

Initially, children will only manage a small space between their feet but they will gradually progress to larger spaces until they are comfortable enough to try a full lunge (most children only manage a full lunge at around 7 years).

Please get in touch if you have any questions, suggestions or concerns.

In the meantime, Happy Moving!