

Mini Movers - Week Eleven

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Slide – Kick – Wave

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.



Slide

Slide can be interpreted in two ways:

1. Sliding on the floor in a similar movement to a gallop without lifting feet off the ground.
2. Going down a slide. This contributes to the development of the vestibular stimulation (inner ear), which plays a role in our ability to balance.

Method

Sliding on the floor:

Move forwards, backwards or sideways with one foot leading.

Things to Try

- Indoors, on a smooth surface, children slide in their socks to music (follow tempo, use imaginative ideas, etc.)
- Pretend you are at an ice rink and you are skating



Kick

Demonstrate how to kick and allow children ample opportunities to practice. Positioning the child will also help.

Children will find it easier to learn how to kick when they are barefoot as they will be able to feel the ball.

Method

First children should kick from a stationary position. When they show they are capable of this they can then progress to kicking from a walk then a run in.

Things to Try

Helping children to understand where to place their feet when kicking:

Placing a yellow spot or picture of a banana next to a ball. Children need to squish the banana with their non-kicking foot while they kick the ball (make sure they will not slip on the picture/spot).



Wave

Waving your arms above your head raises your heart rate, which is good for cardiovascular health.

It is great cross-body move.

Waving to friends supports social skills.

Things to Try

- Add waving to movement to music sequences.
- Include waving to people, animals and other living things in active stories.

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

In the meantime, Happy Moving!