

Mini Movers - Week Nine

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Pull – Skip – Spin

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

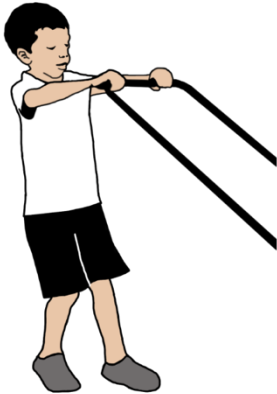
Movement walks

Dancing/movement to music

Obstacle courses

Familiar activities

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



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.

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

In the meantime, Happy Moving!