

Mini Movers - Week Seven

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Balance – Tip Toe – Combine Movements

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.

 Balance	Balance is a basic skill that is needed in order to perform most gross motor activities. There are four primary components of good balance: 1. Proprioception or Spatial Awareness 2. Vestibular system in the ear 3. Strength of the back and stomach muscles, hips and ankles 4. Vision Balance is developed and maintained by regular balancing exercises, strong core muscles and strong joints. Things to Try • Balance on different body part. • Static balance - involves a stable centre of gravity, with the body being still and firm over the base, e.g. standing on one foot or performing a headstand. • Dynamic balance - maintaining control and balance while moving, e.g. walking on a balancing beam, riding a bicycle, balancing while throwing or catching a ball. • Bouncing children with special physical needs on a gym ball or on their parent's knee is an activity that will help them develop their balance. As you bounce them, whilst holding their hands or waists, they will need to keep their balance.
---	---



Tip Toe

Tip toe requires the use of the calf muscle, various muscles in their feet and shin as well as the ankle joint.

Core muscles and balance are also required to stand or move forward on tip toes.

Method

When a child moves forward with both heels off the ground and the weight is placed on the balls of their feet.

Things to Try

- Pretend to be a tall giraffe.
- We tip toe through the jungle so we are quiet and don't wake up the animals.



Combining Movements

Babies and children initially need to develop individual skills and will then progress to using a combination of movements, e.g. twisting while walking.

However, many movements are naturally combined and it will help the development of body awareness if children are encouraged to identify what they are doing and what parts of their bodies they are using to do so.

Many combined movements will require a level of coordination, balance and body/spatial awareness.

Things to Try

- Encourage children to move different body parts to music.
- Use imagination, such as, we are dogs waling on all fours, while wagging our tails (moving their bottoms from side to side).
- Ball skills often require a combination of movements so playing with balls is great for this.

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

In the meantime, Happy Moving!