

Mini Movers - Week Ten

Dear Parents and Carers,

This week our Mini Movers skills of the week are:

Clap – Bounce – Strike

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.



Clap

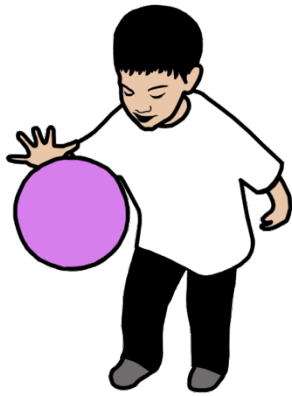
Bilateral co-ordination and hand-eye co-ordination is required to clap hands and objects together.

Clapping can support:

- The development of rhythm when used during singing and movement to music
- Understanding of how words can be broken into syllables
- Learning mathematical concepts such as patterns.

Things to Try

- Action songs that include clapping.
- Movement to music that include a clap move.
- Active stories where the character needs to clap, such as, the magician claps 3 times for the trick to work, etc.



Bounce

Bounce can refer to bouncing your body or bouncing a ball.

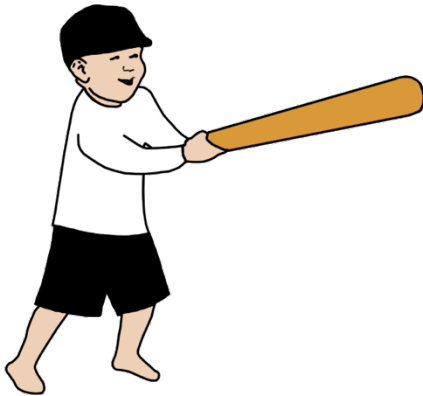
Methods

Body: Up and down movement of the body (bending knees) without jumping off the ground.

Object: A young child need to learn how to drop a ball and catch it once it bounces. Learning to bounce a ball on the ground in a controlled manner in order for them to be able to catch it can take a fair bit of practice.

Things to Try

- Start by bouncing a large ball to a child.
- Next they can learn to bounce and catch a ball on their own.
- Finally they can learn to bounce a ball to and from other children.



Strike

Striking is similar to hitting, however striking is the movement and hitting relates more to the impact.

Method

Using a long, wide movement of the arm or instrument, e.g. bat, to make contact with an object, e.g. a ball, in a sharp manner.

Things to Try

- Simple rounders, with large soft balls
- Bowling with either purchased or hand made pins (e.g. decorated plastic bottles) to knock over
- Bats and beanbags games
- Striking crunched up paper/tinfoil with hands.

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

In the meantime, Happy Moving!