



INSIDE PLAY

Rain, hail or shine -
active play, every day.



BALLOON FUN

Play volleyball, tennis or a simple game of catching.



DICE GAME

Use a pair of dice, where each die face represents a different movement: jumping, hopping, running, stand on one leg etc. An example of this is the Dog and Bone game.

CREPE PAPER SNAKES

Children take turns to move a strip of crepe paper across the floor. The other children attempt to jump on it.



SHIP TO SHORE

Place newspaper sheets on the floor as "islands" or "stepping stones". The remaining area is the "sea". Children hop, jump, leap or take giant steps across the room on the newspaper and try to avoid stepping in the sea.

TUNNEL BALL

Children form lines with their legs spaced wide. The leader of each line rolls the ball through the legs of their line until the last person catches the ball and runs to the front of the line. This person is now the leader and rolls the ball along the line again to the last person in the line.

CATCH THE BUBBLES

Blow bubbles around the room and have children catch the bubbles. Blow some up high and some down low.

FOLLOW THE TORCH BEAM

Children take turns using a torch to move the beam of light around the room. The other children need to follow the spot of light and try to "catch" it.

WALK THE LINE

Run a strip of masking tape along the floor. Ask children to move along the line in different ways – walk, side slide, jump, hop or crawl. Run several lines to keep many children moving at the same time.

BASKETBALL HOOPS

Use scrunched-up newspaper and a hoop.

USING STORIES TO INCLUDE MOVEMENT

Have children recreate a story, for example We're Going on a Bear Hunt, or a story on animals where children move like the animals.



RAIN DANCE

Play suitable music and challenge children to become: raindrops falling from the sky; a tree branch swaying in the wind; a flower opening its petals towards the sun; soft rain or heavy rain by stamping their feet.



ANIMAL SAFARI

Set up a circuit where each station is based on the movements of an animal. e.g. leap like a frog or gallop like a horse around witches cones. See the Munch & Move manual for more information.



ELASTIC SHAPES

In small groups of three to five children, form different shapes using the elastic as the outline.



Health
Illawarra Shoalhaven
Local Health District