

Learning every day in every way through play

# Moving my body and being active

Practice some physical skills with your child, like handstands and cart wheels.

More activities like this:

- Dance and move to your child's favourite songs.
- Play sports, movement and active games, for example hopscotch, handball.
- Relax outside and look up. What pictures can you make out of the clouds?
- Set the timer for one minute. How many times can you run on the spot, crawl from one space to another, jump over a leaf or move like a crab?

What children are learning:

- Balance, agility and movement skills needed for physical activity
- Understanding that physical activity keeps my body strong and healthy
- Physical activity is fun and helps me learn how to play safely with others