



## Let's Get Moving!!!

### *Teaching Ideas to support Physical Skills Development in the Foundation Phase/Stage*

#### **Movement Rhymes and Poems**

**This is the way....** (To the tune of 'here we go around the mulberry bush)  
This is the way we clap our hands clap our hands clap our hands  
This is the way we clap our hands  
On a cold and frosty morning.

Add other actions

- This is the way we jump up and down
- Swing our arms
- Stamp our feet
- Turn around.

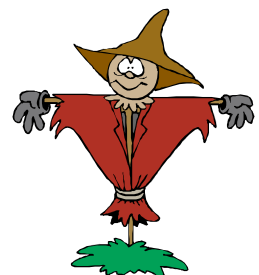
#### **Stretch Up Tall**

Stretch up tall as high as a house  
Curl up small like a little mouse (squeak squeak)  
Shake your fingers  
Stamp your feet  
Now close your eyes and go to sleep.



#### **The Scarecrow**

When all the cows were sleeping and the sun has gone to bed  
Up jumped the scarecrow and this is what he said  
I'm a dingle dangle scarecrow with a floppy floppy hat  
I wave my arms like this and shake my feet like that  
When all the hens were roosting and the moons behind the cloud  
Up jumped the scarecrow and shouted very loud  
...I'm a dingle dangle scarecrow.



When the dogs are in the kennels and the doves are in the loft  
Up jumped the scarecrow and whispered very soft  
I'm a dingle dangle scarecrow.

### Jumping in the Swimming Pool (Tune-The Mulberry Bush)



Jumping in the swimming pool, swimming pool, swimming pool  
Jumping in the swimming pool  
On a lovely sunny day.

Add other actions – swimming, splashing, bobbing, playing.

### Jelly on the Plate in the Bowl (tune: "The Farmer in the Dell")

Place a hoop on the floor and encourage the children to stand in the hoop and sing...

Jelly on the plate  
Jelly on the plate  
Wibble, wobble, wibble, wooble,  
Jelly on the plate.



Alternatively play this game using the parachute, where the children sit in as for 'shakey shakey'.

### Jump Song

*(child's name), (child's name),*

Jump up and down, Jump up and down, Jump up and down,

*(child's name), (child's name),*

Jump up and down, now sit back down

Variations: replace "act like a clown" or "spin all around" for "jump up and down"  
replace "child's name" with "everybody".

### Like This (Tune- "The Farmer In The Dell")

Shake your arms like this,

Shake your arms like this,

Clap your hands and turn around, Shake your arms like this.



### Jack be Nimble

Lay out a skipping rope on the ground and chant:

*Jack be nimble Jack be quick, Jack jump over the candle stick*

Invite the children to jump over the 'candle stick' (rope). Make the rope higher/lower changing the instruction to 'under' the candle stick.

### Marching in Our Wellies (Lay out hoops on the floor)

Marching in our Wellingtons *(walk around the hoops with big steps)*

Step, step, step

Marching in our Wellingtons

We wont get wet

Splashing through the puddles *(Jump in the hoops)*

In the rain, rain, rain

Splashing through the puddles *(jump out of the hoops)*

Then run home again. *(run around the hoops)*



### Walk Tip Toe

When I walk on tip toe, it makes me feel so tall. (*children stretch up on tip toe*)

When I crouch down low, I feel so very very small. (*children crouch down*)

But what I like the best of all is to bounce, bounce, bounce like a great big ball. (*children jump around the room*)

### Once I Saw A Little Bird

Once I saw a little bird come hop, hop, hop; (*hop on the spot*)

So I cried, "Little Bird, will you stop, stop, stop?" (*keep hopping until the word 'stop'*)

I was going to the window to say, "How do you do?" (*wave to others*)

But he shook his little tail, and far away he flew. (*fly away*)

### Spinning Top



I am a spinning top and round and round I go (*children twirl*)

Sometimes I go faster, faster, faster (*speed up but be careful of children getting dizzy*)

And sometimes I go slow.

But when I am not spinning round at all then down I fall. (*children fall to ground*)

### Sausage in the Pan

Lying on the floor in a straight line, the children 'log' roll along to the words

Sausage in the pan, sausage in the pan, sizzle, sizzle, sizzle sizzle, sausage in the pan.

Could also add 5 little sausages sizzling in the pan (log rolling over)

One jumped and then went 'BANG'. (*jump up and shout bang!*)

## PHYSICAL ACTIVITIES

### Over the Ball

Using a small exercise ball or other suitable type (child should be able to sit on it with feet nearly touching the ground. Play games sitting on the ball, singing rhymes which encourage the child to bounce up and down. The adult will need to place their hands on the child's hips to keep him/her safe and stable. Use other directions like forward/backward and side-to-side.



### Scarves and Feathers

Use light scarves, feathers and other objects for the children to throw up into the air.

### Chase My Tail

The adult tucks a scarf into their belt and the children chase the adult to see if they can catch the tail.

### **Blanket Pizza**

Take a blanket and lay it on the floor for your "crust." The children lie on the blanket for the "sauce." Toss pillows on top for "cheese" (and any other topping you like.) Then pretend to eat up the food tickling and hugging the children. Put another blanket on the top and on the count of three, the children have to escape from the pizza as quickly as they can. Try rolling the children up in a blanket to become a sausage roll. What other foods can be made?



### **Flashlight Pounce**

Shine a torch on the floor, and the children try to pounce on the spot before it moves. When the children become adept at this, shine the light on the walls and furniture in addition to the floor to tag with their hands.

### **Flipper Flap Fish**

Cut large newspaper fish and put their names on them. Lay out a start and finish line. Give each child a newspaper folded in half, and have them line up with their fish. Now they have to flap the newspaper vigorously to make the fish "swim" along the floor.

### **Ice Cream Cone Race**

The children put a soft small ball on the cup so that it sits snugly in the top like an ice cream. The children can negotiate some obstacles or walk as quickly as they can from one end of the space to the other.



### **Body Crayon**

Ask the children to pretend that their bodies are crayons. Let them decide what colour. They want to be (and let them know they can change the colour anytime they want). The "paper" will be the floor. Suggest that they use their bodies to draw all over the paper. Some suggestions for the drawing are as follows:

- scribble all over the paper
- draw big lines/little lines
- draw long and short lines
- draw small circle
- make dots

## **OBSTACLE COURSES**

### **Moon Walk**

Lay out cushions along the ground for the children to clamber over. They can crawl or walk.

### **In and Out**

Provide the child with a variety of furniture items or whatever is available to crawl into, through and out of, Link themes to simple stories or rhymes.

### **Body Obstacles**

The adults make shapes with their bodies for the children to crawl through. E.g. Stand with legs wide, make a bridge by getting into all fours.

### **Sensory Obstacles Course**

Provide different sensory materials for them to feel with their bare feet, such as a scratchy door mat, furry craft fur, spongy pillow, soft felt. Talk with them about different textures.

### **Feet Fun**

Trace the children's shoe shapes on a piece of poster board. Cut a large square around the feet. Laminate or cover the poster board squares with sticky back plastic. Place them in a path and encourage children walk along the foot path, or encourage them to step on one and then jump off another.



### **Feet on Hands**

Make handprint tracks across a hard floor. For more durability, cover the handprints with contact paper. Put on music and have the children play follow the handprints. For added fun, have the handprints track squiggle and turn, going into or under small places.

### **Over and Under**

Explore "over" and "under" by providing equipment - ropes, poles, hoops, climbing apparatus - that the child can walk, run, climb and jump "over" and "under".

## **BALL GAMES**

### **Oily Octopus**

Partially blow up a balloon and draw a face on it. Then tape eight lengths of fancy ribbon to the balloon to form legs. Encourage the children to pat the balloon.

### **Freddie the Frog**

You will need a box and a bean bag. Put a box in the center of a small circle of children. Give one child the bean bag. Everyone chants:

*Freddie the Frog went to jump on a log  
And, SPLASH, he fell into the pond.*

On the word "SPLASH", the child throws the bean bag into the box in the center of the circle. Keep repeating until everyone has a turn with the bean bag.



## USEFUL RESOURCES

### Gross Motor Skills

- ◆ **Fundamentals Early Years Movement Ideas** [www.earlyyearsfundamentals.co.uk](http://www.earlyyearsfundamentals.co.uk)
- ◆ **Kidz-Fiz-Biz** – learning through drama dance and song  
Marlene Rattigan [www.crownhouse.co.uk](http://www.crownhouse.co.uk)
- ◆ **Tatty Bumpkin**  
Yoga based multi-sensory movement  
[www.tattybumpkin.com](http://www.tattybumpkin.com)
- ◆ **Spark Plug Dance**  
Movement and dance for babies and toddlers. Useful activity ideas  
[www.sparkplugdance.org](http://www.sparkplugdance.org)
- ◆ **Sticky Kids**  
Music and movement CD's  
[www.stickykids.net](http://www.stickykids.net)
- ◆ **Dance in a Bag**  
Uses drama, music and movement to support foundations for language, maths and PSE.  
[www.danceinabag.co.uk](http://www.danceinabag.co.uk)

### **Outdoor Play**

- ◆ **Learning Through Landscapes** [www.ltl.org.uk](http://www.ltl.org.uk)
- ◆ **Creating a Space to Grow – developing your outdoor learning environment** by  
Gail Ryder Richardson (David Fulton Publishers)

### **Books**

- ◆ **The Little Book Series** (formerly from Featherstone Education now A & C Black)  
Useful themes: Little Book of Dance/Little Book of Outdoor Play  
[www.acblack.com](http://www.acblack.com)
- ◆ **Moving and Dancing**  
Beverley Michael (Scholastic) [www.scholastic.co.uk](http://www.scholastic.co.uk)

### **Look out for.....**

**Movers and Creators** – Developing Physical Skills in the Foundation Phase ..... coming soon by Sharon Drew from Smart Publishing.