

Movement Games and Activities



Action Songs & Games: to develop awareness of different parts of the body and whether they are on the left or right, for example, 'Simon Says' or 'Twister'.

Movement Songs & Games: to develop awareness of their place and position in a space, for example, 'Going on a Bear Hunt' or 'Head, Shoulders, Knees and Toes'.

Directional Games & Activities: to develop understanding and language of directional instructions, turn left / right, straight on, backwards, forwards, up, down, etc...

Simple Map Work / Treasure Hunts: give verbal instructions, one at a time to start with, increase as their skill level improves.

Climbing and Crawling Activities: to develop awareness of their position, others and objects in the space. The activities can also be used to support directional language. Use small and large objects to create an obstacle course to climb over, crawl under, between, next to, on the left of or right of, behind, in front, on top, underneath, below or opposite.

Balancing Activities: to develop body awareness such as 'Musical Statues', 'Statues', 'Tightrope Walk' or 'Foot Prints'. Cut-out foot prints marked left & right are set out at different distances and direction to follow and stand on by the child, if they miss or wobble off track they have to start again. Once completed it is their turn to make a track for you.