



Physical development includes both growth and the ability to use muscles and body parts for particular skills. Both gross (large muscle movements) and fine (small movements) contribute to physical development.

This workshop will look at ideas and fun activities that can be used inside or outside, large space or small space and as a group or individually.

What we are aiming to achieve

**Strength:**

Core-namely the central muscles of the body to provide greater body (especially the trunk) stability.

Shoulder-having good shoulder girdle stability can make it easier for children to control the smallest movements of hands and fingers (fine motor skills)

**Balance:** The ability to maintain position whether that is static, dynamic (moving) or rotational.

**Coordination:** The ability integrate multiple movements into efficient movement.

**Hand eye coordination:** The ability to process information received from the eyes to control, guide and direct the hands in performance of a given task such as catching a ball or using a pencil.

**Crossing the mid-line:** The ability to cross the imaginary line running from a child's nose to pelvis that decides the body into left and right side which help make movement in all directions easier.

**Body Awareness (proprioception):** Knowing body parts and understanding the body's movement in space in relation to other limbs and objects for 'automatic' movement to develop.

**Vestibular sense:** The ability to interpret information relating to movement and balance. The

vestibular system helps us to receive information about movement, change of direction, change of head position and gravitational pull. Are we moving fast or slow, balance, movement from the neck, eyes and body, body position and orientation in space.



British Gymnastics use the SPLICEE development principles and they can work just as well for gross motor activities in your pre school setting.

**Social**-encouraging interaction with other children and adults. Be aware of others feelings and learning how to share, take turns and treat others in a fair acceptable way.

**Physical**-using fine and gross motor skills to improve agility, balance, coordination, flexibility, strength and endurance as well as introducing fundamental movement skills such as running, hopping, jumping, skipping, spinning and climbing.

**Lingual**-introducing new words, phrases and sentences using movement activities, nursery rhymes and action songs

**Intellectual**-offering situations where the children themselves are required to problem solve or carry out their own thinking.

**Creative**- developing the children's imagination through play and acting in new situations and environments.

**Educational**-introducing letters, numbers, colours, and shapes. Concepts such as high and low, long, short, fast and slow.

**Emotional**-enabling the discovery of emotions and encouraging an approach to support these. Emotions such as joy, fear, surprise, pride etc

Fun activities while strengthening the body and brain

Fundamental Movement Skills 🤔

SHAPES- (chair, floor, hanging from a bar, playground equipment)-Tuck, pike, straddle, straight, stretch, dish, arch, front support, back support, half bridge. Use small apparatus like bean bags, scarves, tap sticks, balls etc to explore these shapes further e.g. cover feet, roll bean bags down legs to feet



### MOVEMENT

explore different ways to travel. Jump, hop, crawl, walk, tip toes, heels, skip, gallop, forwards, backwards, sideways, rolls, running, small steps, strides. Stop, start, fast, slow.

Incorporate themes like animals, travel, dinosaur. Can you move like a giraffe, a bear, a frog etc use colourful picture cards. Link moves to the themes you're doing e.g. weather, space, sea side



## SONGS and MUSIC

There a lot out there but these are a few favourites!

Sticky Kids- Let's Go Walking, Cool Down Song, Fold Your Arms  
Tumble Tots- Shake My Sillies, Stand up Sit Down, Wake Up Your Muscles  
Vicky Arlidge- Heads, Shoulders, knees and toes.

You will all know so many nursery and action songs but here are a couple specific to gymnastic shapes!

To the front (pike sit touch toes) to the back (back support) to the up (pike arms up) to the down (pike hands to floor), to the side (pike rock), to the side (pike rock) and turn around (tuck shape spin on bottom), bounce your bottom on the floor (in back support shape), stand up tall and bounce some more, lean to the left and lean to the right (star shape and rock from side to side) stretch your arms up nice and tight! (stretch/straight shape)

Dan Dan the action man (stretch shape on front)  
Likes to fly like superman (arch shape on front)  
One arm here and one arm there  
Lift your legs into the air  
ZOOM (shout!)

Sam Sam the Spaceman  
Likes to fly like Ironman  
One arm here and one arm there  
Lift your legs into the air  
ZOOM

## Small/hand apparatus

Hand apparatus gain attention from the children and are always a great time to discuss colours, shapes, textures etc they are a great accessory for so many actions and moves. Bean bags, tap sticks, scarves, hoops, skipping ropes, balls can be used inside or outside in a big or small space, sitting down, standing up the options are endless and the children will always show you ways you've never even thought about!

**Bean Bags** on your head, under your chin, between knees, between feet, in hands above head, cross body. Incorporate shapes and movements as above. At a desk, in a quiet corner, climbing on the outside equipment, individually or group work in a circle. Pass the bean bag with your feet while sitting in a circle (core). Bean bag music and action (Tumble Tots-Bean Bag Shake, Mexican Bean Bag Song). Bean bag balance game on different parts of the body. Bean bag throwing onto targets, bean bag relays, bean bag balance trails.

**Skipping ropes** make great paths to follow inside or outside. Tip toes, sideways, forwards, backwards, crawling (forwards and backwards) balancing like a tight rope. Jumping on and off, hopping on and off. Make the skipping ropes into different shapes, letters and numbers.

**Scarves** are great for hand eye coordination activities for young children as the speed they move is slower allowing the child more chance of contact. They can also be used for fast moving when tucked into a waist band as a tail and a great game of cat and mouse chase.

**Tap Sticks** for cross body, rhythm and coordination. Use with shapes, high, low, front, back, up, down and side to side. Action songs (Sticky Kids-Music Music Music, Hap Palmer-Tap your Sticks. Use with nursery rhymes, Wind The Bobbin Up, tap, tap, tap, tap, tap!

**Hoops** for rolling, chasing, spinning, jumping inside and outside, skipping, targets, crawling. Bunny jumps (hands in the hoop and jump feet towards hands, frog jumps into the hoops (lily pads)

**Balls** use a variety of sizes for kicking, bouncing, throwing, rolling, catching , chasing etc, use them to help with body shapes as previously mentioned. Roll the ball around legs in pike and straddle. Roll the ball up, down and along a wall! Roll the ball in different directions. Roll the ball along a skipping ropes trail. Carry the ball high above the head while balancing on a plank/beam.

Activity dice, feathers, bubbles, balloons explore how you can use these with ideas of your own and similar to the above.

BALANCE-1, 2, 3, 4, small bases of support (hands and feet) and larger bases of support (bottom, tummy, back, shoulders)



**CHALK!** A great resource for use outside. Even without specific instructions when children chalk on the ground they're using they're core strength, balance, cross body and creative skills.

Follow the pattern with feet or hands, kneeling, all fours or front support! This can be done horizontally, vertically, increase and decrease difficulty appropriate to age.



As easy as 6 lines of tape.....movement, stretching, increase strength, explore balance and coordination. No matter how big or small a space you have inside or outside there's always space for this little gem!



it's also great as a throwing target!

## Large equipment suggestions

- Barrels and tunnels for crawling
- Scooters and scooter boards
- Balance bikes
- Soft play slopes/wedges and steps
- Balance boards or balance pods
- Parachute
- Planks or beams
- Single bar for swinging and hanging
- Crates
- Wooden trail sets
- Climbing equipment

Remember if you're having fun 😊 the chances are they will too!

## Shapes

**Star**

- Arms in line with shoulders
- Hands extended

**Pike**

- Arms in line with shoulders
- Legs together
- Toes pointed

**Dish**

- Legs together
- Arms and legs straight and lifted off the ground

**Arch**

- Legs together
- Arms and legs straight and lifted off the ground

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