

5 UNDER 5 COME PLAY WITH ME

FUNDamental Movement Skills (**FUN** Skills) are the building blocks for movement that help prepare children for participation in a wide range of school aged physical activities and sports and will ready them for a lifelong habit of being physically active and healthy.

The five skills highlighted are a good starting point for building a strong foundation from which children under 5 can continue developing their skills. Regular opportunities to move and play in a variety of ways will not only support their skill development but will also help develop how they think, learn and interact with others. So what are you waiting for? Get playing and get active!



TIPS:

- Keep the focus on having FUN and having a go
- Challenge children to try and better their own efforts rather than set up activities as a competition against others
- Offer lots of positive feedback and encouragement
- Use the cues provided to help them along. Focus on one cue at a time and let their ability and confidence signal to you when they are ready for more
- Children are unique and develop at different stages; adapt games to suit their level of ability and look for signs of progress rather than focussing on their age
- Join in and be a great role model and a FUNtastic playmate

Visit the Active Mokopuna link on the Sport Gisborne Tairawhiti website to discover games, activities and ideas to further support the development of fundamental movement skills www.sportgisborne.org.nz



RUN

PLAY

- "Tickle Monster" - chase them and when they are caught tickle them before they escape and run off again
- What's the time Mr Wolf?
- Go for bush walks or beach walks and let them enjoy short bursts of running
- "Eye Spy" - Call out a colour or object that the child must find then run to and touch before returning for the next challenge

CUES

for running at speed

- Look where you want to go and keep your head still
- Bend elbows while swinging arms back and forth



JUMP

PLAY

- Place a towel on the ground. Fold it at various widths and see if they can jump from one side to the other
- Can you jump like a rabbit, a kangaroo or frog? How many jumps (hops/frog leaps) to your bedroom? The kitchen?
- Stand inside an old pillowcase and have jumping sack races
- Cut shapes out of old lino or carpet. Place them on the floor and have them jump from one shape to the next

CUES

for jumping with two feet for height and distance

- Bend knees in a half crouch position
- Swing arms back then as you jump swing them forward quickly
- Land on both feet with knees bent



BALANCE

PLAY

- Can you balance on one foot for 3, 5 or even 10 seconds? What about the other foot? Can you balance on one foot while brushing your teeth?
- "Musical statues" - dance, jump to music then 'freeze' when the music stops
- Run masking tape in different directions all over the floor to create lines and shapes. Children can walk heel-to-toe on the lines. Can you walk backwards and sideways?

CUES

for balancing on one foot

- Focus on something still in front of you
- Slightly bend the knee of your supporting leg
- Use "aeroplane" arms for balance



BOUNCE & CATCH

PLAY

- Have balls around the house and play "Bounce and Catch" How many times can you bounce the ball? How high can you bounce the ball?
- Play catch with balloons and bubbles
- Play "Hot Potato" bouncing and catching the ball as quickly as you can
- Place empty milk containers on the floor at various distances and attempt to knock the container over by bouncing the ball at it

CUES

for bouncing and catching a ball

- Spread your fingers on the ball
- With elbows bent push (as opposed to drop) the ball towards the ground so that it bounces back up
- Catch the ball with your hands (as opposed to arms)
- Keep your eyes on the ball



CLIMB

PLAY

- Head to the playground and climb up ladders, ropes, climbing walls and trees
- Animal movements - I wonder how a bear walks? How would a caterpillar crawl across the grass? How does a crocodile move?
- Design your very own obstacle course - crawl under blankets, through tunnels, climb over and under tables and chairs

CUES

for climbing

- You know your child best so hazard assessment is your call. If an element of risk presents itself try applying the 3 P's.
- If you notice a problem pause. Unless immediately hazardous, allow them to work through it themselves. If you do need to step in prompt ways to solve the problem then praise the actions the child took to solve it.

5 UNDER 5 SKILL CHART

SUPPORTING CHILDREN UNDER 5 TO LEAD AN ACTIVE AND HEALTHY LIFE

PLACE A STICKER OR STAMP IN THE BOXES BELOW FOR EACH DAY THAT YOU PLAY GAMES TOGETHER TO HELP IMPROVE FUN SKILLS AND CONFIDENCE.

NAME: _____



**5 STICKERS!
KEEP GOING!**








**AWESOME... YOU ARE
HALFWAY THERE!**



**WE ARE JUST ABOUT
THERE. KEEP GOING!**



**YOU DID IT!
WELL DONE!**

FUN SKILLS																				
 RUN	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
 JUMP	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
 BALANCE	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
 BOUNCE & CATCH	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆
 CLIMB	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆	☆