



## HELPFUL TIPS FOR PARENTS AND CARERS

# PHYSICAL ACTIVITIES TO TRY AT HOME FOR CHILDREN BIRTH TO 5

Physical development is very important for children. At this time when we are all restricted on how long we can spend outside being physical it is helpful to find different ways for children to move, climb, slide, jump, balance, spin, push and pull inside the home.

It may also help children burn off some energy



**Dance party** – play it loud and practice all your best moves!

### Using masking/decorators tape for lots of things!

Make patterns on the floor - zig zags, curves, straight, broken lines, shapes for children to move along, jump to, or over, balance on..... Make a sticky spider web in a door frame, stick things up high to make children jump or throw rolled up paper at to practice throwing. Make small sections for children to climb through. Attach a piece of tape across the door frame for children to limbo under.



**Obstacle course** – anything can be an obstacle!  
This about making children climb over, under, on top and through.

**Balloons** – practice throwing and catching a balloon. Have fun races with a balloon between your knees. Use kitchen roll tubes to bat the balloons.



**Races** - Use old pillowcase for a sack race, wheelbarrow races to strengthen shoulders and arms, egg and spoon races (use anything that will fit on a spoon!) to develop balance and coordination.

**Animal walks** – Pretend to be move like any animal e.g. bear - hands and feet, snake – sliding on floor, kangaroo – jumping up high, crab – on hands and feet but facing the ceiling, bird – flapping wings, butterfly – flapping wings and tip toes.

These movements will develop strength, coordination, being noisy and strong but also quiet and gentle.



**Scavenger hunt** – hide different objects around the home. Encourage children to crawl under, climb high and lift up things to find everyday objects like a brush, spoon or toy.

**Make a Slide** – use a cot mattress/cushions to make a slide against the sofa. Children will enjoy negotiating the heights of the sofa before sliding own.



**Ice skating** – using drier sheets, mittens on feet or old tissue boxes to slide along the floor

**Bowling** – Stand plastic cups, bottles, milk cartons a distance away the knock them down by rolling a ball, apple, potato anything that will roll!  
How many will you score?

**Jumping** – Use a dressing gown tie or whatever you have, hold one end and attach the other to a steady, solid table for children to jump over.



**Parachute** – Make your own parachute out of a sheet or blanket. Add some teddies and make them fly.

**Cardboard boxes** – so much fun to be had with a cardboard box! Climbing in and out of large boxes, standing on top of, or balancing on old shoe boxes. Try making holes in the boxes with a pencil and post/thread pipe cleaners through.

**Caterpillar threading** – threading hoops/cheerio's on a pipe cleaner. A fun way to have a snack and develop fine motor skills.



**Blowing bubbles** Make you own bubbles with 1.5 cups water, half a cup of washing up liquid and 2 tsp of sugar.

Have fun moving to pop them all.

**Yoga** – Read your child's favourite story but encourage children to move or stand like the characters or objects in the book.



**Playing twister** – stick coloured post its or draw

your own pictures on paper. Stick them on the floor floor and play your own game of twister.



**Pushing and pulling** – Fill a washing basket with heavyish items for the child to push along by attaching a dressing gown rope so children can practice pulling too.



**Spinning** – Sit children in washing basket or washing up bowl and slowly spin around singing songs like round and round the garden etc. Pretend you are at the top of a big hill and log rolls from one side of the room to the other.

**Bristol Early Years Website**

[www.bristolearlyyears.org.uk](http://www.bristolearlyyears.org.uk)

**Find us on Social Media**

 [www.twitter.com/BristolEarly](https://www.twitter.com/BristolEarly) 

[www.instagram.com/bristol\\_ey](https://www.instagram.com/bristol_ey) 

[www.facebook.com/BristolEarly](https://www.facebook.com/BristolEarly)