

Big energy for little movers!

Wiggle, giggle, and get moving! From funny dances to obstacle challenges, it's a week of joyful movement and endless energy.



Always ensure your child is carefully supervised during physical activities

Encourage physical development, coordination, and joyful movement with these playful activities.

Tick the star when you've completed the activity.



Hold a Kitchen Dance Party

- Put on favourite songs and dance together.
- Use words like fast, slow, high, low.

Try Animal Walks

- Pretend to stomp like elephants, slither like snakes, or hop like frogs.



Create a Sensory Obstacle Course

- Build with pillows, boxes or toys.
- Narrate movements to build language.

Play Sock Catch!

- Make a soft 'ball' from a rolled-up pair of socks.
- Enjoy throwing to each other or into a container.



Play Freeze Dance

- Pause the music and encourage your child to stop and balance.

Did you know?

When children are confident and competent physically, it has an extremely positive impact on their overall health and wellbeing.

