



Ready, Steady, Go 1



Remember **where** to move: - up/down, in front/behind, one side /the other side. The **weight** heavy or light. The **speed** fast/slow/stillness



Activity: -

- Clap and pat to rhythm
Clap slowly/quickly
Clap high/low
Clap in front/behind
Clap to one side/the other side
Clap hands on the floor
Clap hands on body parts
(do these in any combination)

- Marching along singing our song
Marching two by two
Marching here, marching there
Until our song is through
(Stop right there, crouch down
small and this is what we'll do -
ready, steady, go)

You can do the following
movements to the above song:-
galloping, tiptoe, skipping.

- Insy wincy spider climbing up the spout
Down came the rain and washed the spider
out
Out came the sun and dried up all the rain
Insy wincy spider climbed up the spout again

- As tall as a house
As small as a mouse
As wide as a bridge
As thin as a pin
As round as a ball

- Jack-in-a-box, still as a mouse
Deep down inside his little dark
house
Jack-in-a-box, resting so still
Will you come out? Yes, I will.

- Raise your hands above your
head
Clap them, one two three
Put them now upon your hips
And slowly bend your knees
Up again, and stand up tall
Now stretch both hands out
Shake your fingers, nod your
head
And turn yourself about.



Other idea's: Head, shoulders, knees and toes / Hokey-cokey
The wheels on the bus / If you are happy and you know it



Ready, Steady, Go 1



Activity: -

- I wiggle my fingers (wiggle fingers)
I wiggle my toes (wiggle toes)
I wiggle my bottom (wiggle bottom)
And touch my nose (touch nose with both hands)

- Here are my hands
They go clap, clap, clap
Here is my head
It goes nod, nod, nod
Here are my feet
They go stamp, stamp, stamp
Here are my knees
The go bend, bend, bend

- Sit up tall with your legs out long
This is the long sit, don't get it wrong
Now bend your knees and bring your heels in tight
This is the short sit, have you got it right?
How legs stretched wide with pointed toes
This is the wide sit - how here goes.

- I feel tip top
Watch me go hip hop
Hip hop, hip hop, I just can't stop

- I can shake my hands
I can shake my legs
I can shake my arms
I can shake my feet
I can shake my body, yes I can
That's what I can do

I can lift my knee
I can lift my arms
I can lift my shoulders
I can lift my chin
I can lift myself up on the tips of my toes
That's what I can do

- I wash wash wash my tummy
I wash wash wash my tummy
With a scrub scrub scrub
And a rub a dub dub
I wash wash wash my tummy

Discover other parts of the body and make a verse out of them, such as: -
Chest, feet and face



East Lothian
Council
COMMUNITY SERVICES

Elizabeth White – Community Development Officer
Caroline Kaye – Active Schools Co-ordinator



First Moves 2



Remember your space bubble

You can also move: -

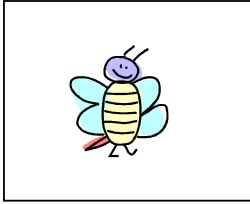
Backwards and forwards
Slow and fast
Up and down
Zig and zag
High and low
Tall and small
Big and small steps
Knees up and hands up
Bums up and bums down
Round and round
Stopping and starting
Jogging and running
Wide and narrow
Over and under
In and out
Slither and slide
Follow a leader or a trail

You can make these shapes: -

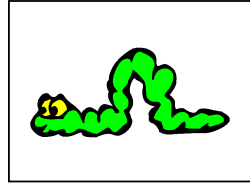
Tall straight shape
Wide star shape
Small tuck shape
Bridge
Straddle - sitting down, straight legs out wide
Shark balance
Long sit - sitting down, legs straight out in front



First Moves 2



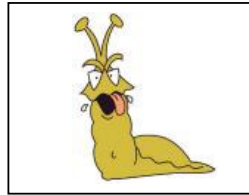
Flying



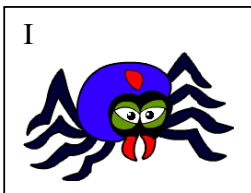
Crawling



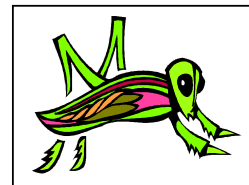
Creep on all fours



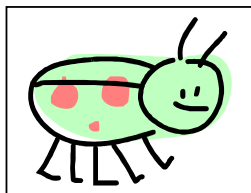
Slide



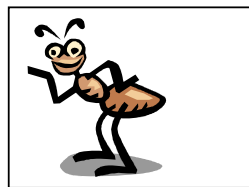
Tiptoe



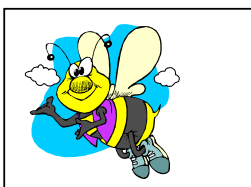
Hop and jump



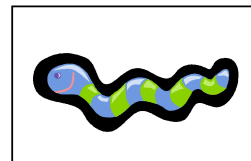
Jumping and bouncing



Marching



Move fast changing direction



Wiggle



Movin' It On 3



Different things to move - rolled up socks, beach ball, balloons, hoola hoops, ribbons, scarves.

You can also move your toys: -

Rolling and sliding: -

Backwards and forwards
Slow and fast
Side to side
Through your legs

Throwing and catching: -

High and low
Sitting and standing
Near and far
Over arm and under arm

Balancing your toys: -

On different body parts, knee, head, hand, underarm, feet, elbows, between two fingers, palm, back of hand
Between your knees
Standing up and sitting down
Moving around or staying still
Crawling

Steering: -

Backwards and forwards
Slow and fast
Change direction
Side to side
Follow a leader or a trail

Bouncing: -

Soft or hard
Big or small

Kicking: -

Soft or hard
Near or far
Through legs
On the move

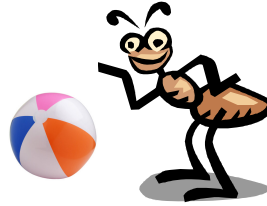


Remember bigger and lighter objects are easier to move.



Movin' It On 3

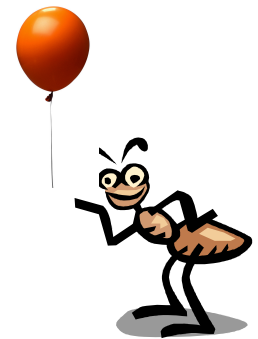
Bouncing



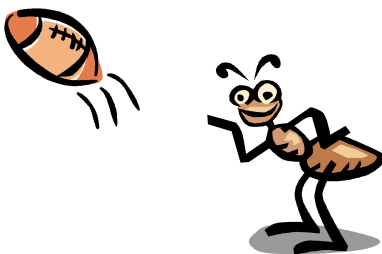
Balancing



Kicking



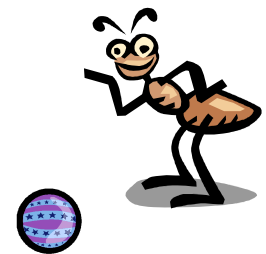
Catching



Throwing



Sliding



Rolling



Steering





On Target 4



Think safety use soft objects, remember your space bubble

You can also: -

Use both hands

Use your right or left hand

Kick

Roll

Slide

Over or under arm throw

Use a ramp to roll to a target

Make the target: - Bigger or smaller
 Near or far
 High or low
 Flat
 On its side

Put the target in different places: - On the floor
 On a chair or low table
 Behind an object



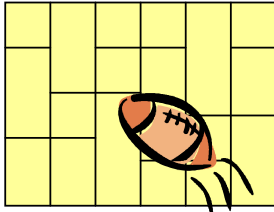
Targets can be hoops, boxes, chairs, ropes, cushions, flowerpots, bins, walls, cones, plastic bottles, skipping ropes etc. Throwing objects can be hoops, socks, beach balls, rolled up newspaper, balloons etc.

Practice makes perfect.

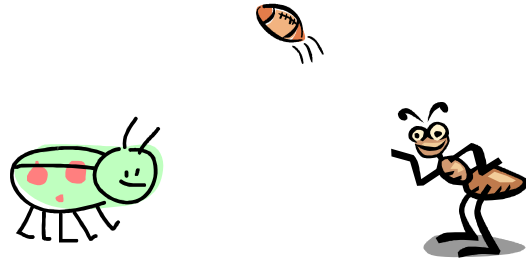


On Target 4

Against a wall



To a partner



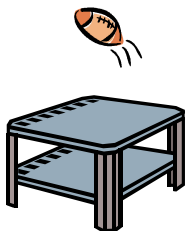
Through a hoop



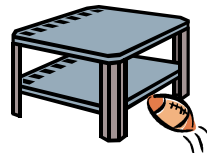
On top of a chair

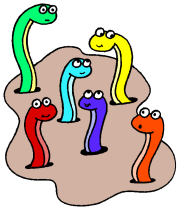


Over



Under





Playing Together 5

You can also play: -

Hiding Bunny

Put markers in a space on the floor and stand on it this is your bunny hole. Run slowly or dance in out of the bunny holes. When you say bunny hole the children should find their own bunny hole and jump on it.

Statues

As above but when you say statues children should find a marker and stop like statues (strong muscles, tight bodies, no wobbling).

Squeeze

Make a circle of markers in the centre of a space. Children should walk with giant steps or anywhere in the space. When you say 'Squeeze' the children should tiptoe into the centre of the circle. The children should try to tiptoe inside the circle without bumping in to anyone. When you say 'giant steps' the children move again in to the large space.

Animals

Children learn how to travel in different ways, sometimes on feet only: gallop, frog jump, and walk. Sometimes on hands and feet, bunny hop, monkey walk, crab crawl. Call an animal name and ask the children to move round the room like that animal.

Steering

Set out markers in a line. Children start at one end of the line and steer a ball in and out of the markers until they come to the end. Children can steer with their hands and then progress to steering with feet or a bat.

Beans

The children learn to travel or balance like different sorts of beans.

Jumping bean - jumping

Beans on toast - small curled-up shape - still

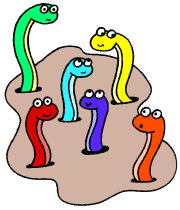
Runner bean - running

Broad bean - wide stretched shape - still

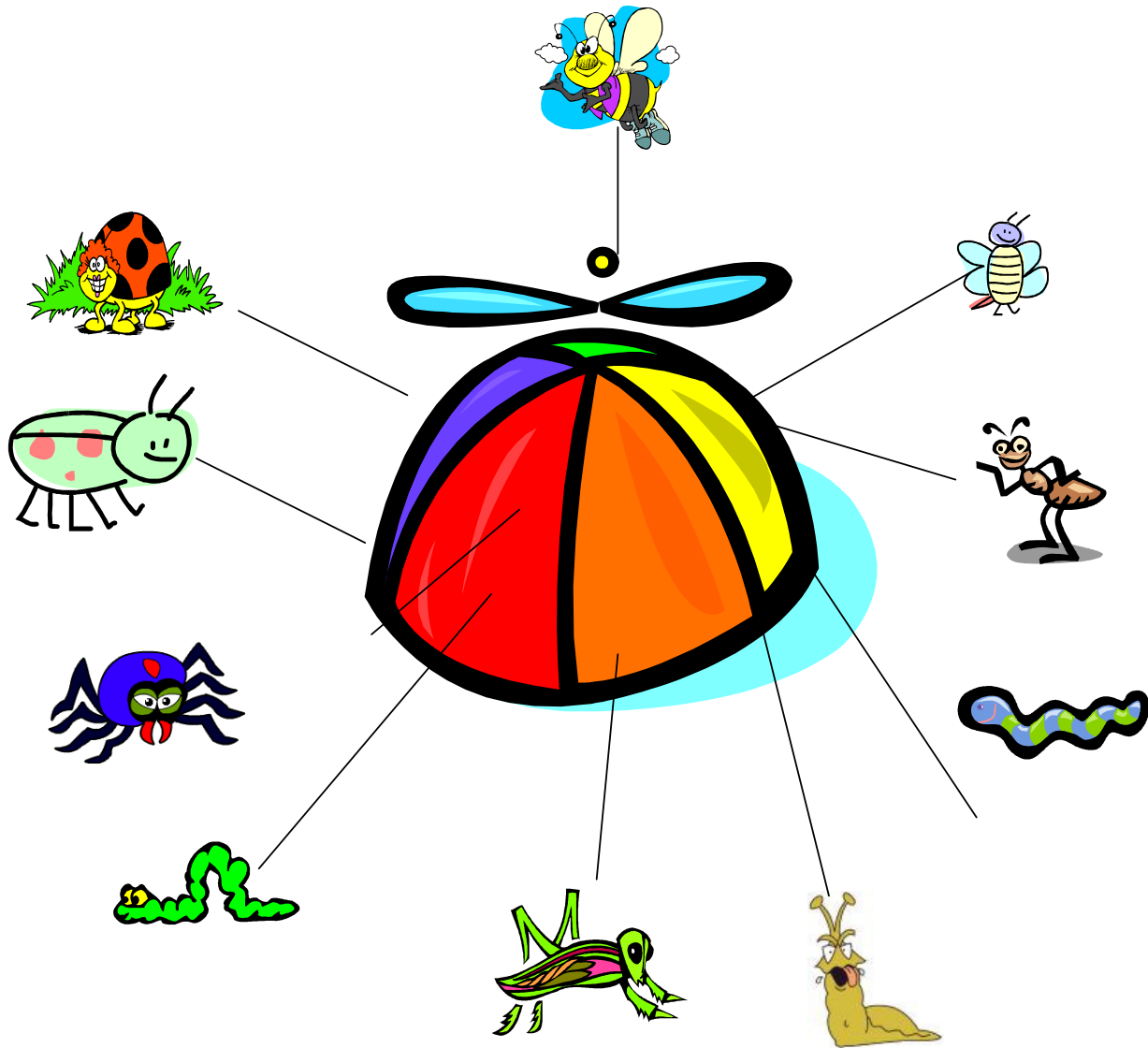
Jelly bean- wobbly body and pathway

Hot bean - hopping

Call the name of a bean and ask the children to move like that bean



Playing Together 5



Remember you can play parachute games and have a lot of fun asking your child to lie on a sheet and gently pull them around the floor.



Chill Out 6

Remember it is important to slow down, recover and relax. This is difficult for young children to maintain for long but they will improve with practice and encouragement. Put on relaxing music and close your eyes and relax. Discuss being in your favourite place and being nice and warm and relaxed.



- Wobbly little rag dolls, wobbly little rag dolls
Wobbly, wobbly, wobbly not straight
Wobbly little arms, wobbly little legs
We wobble like a jelly on a plate

Pretty little rag dolls, pretty little rag dolls
Flop, flop, flop all around
With floppy little arms and floppy little legs
We flop, flop, flop to the ground

- Can you hear the train coming down the track
With five sleepy coaches chugging at the back
One by one it's time to say goodbye
One by one it's time to go to sleep
Can you hear the train coming down the track
With four sleepy coaches chugging at the back
One by one it's time to say goodbye
One by one it's time to go to sleep

Any number of coaches could be used at the beginning of the song. The second line changes each time having lost a coach in the previous verse.

- I walk all day - my legs are tired, the baby spider said
(walk quietly round in a circle)
I cannot walk another step,
(getting slower)
I think I'll go to bed
(lie down and curl up)

- I touch my head,
I touch my feet,
I curl up small
And go to sleep.

- Tiptoe, tiptoe, stand up very tall
Tiptoe, tiptoe, curl up very small

- Stretch high, up high
Bend low, right down low
Arms out wide
Sway to and fro, to and fro

Bend knees
Then up on tiptoe
Stretch your arms in front
Swing your arms to and fro,
to and fro

Shake your hands
Wiggle your toes
Bend your knees
Rock to and fro, to and fro

Breathe in
Breathe out
Eyes closed
Let's just doze

1 2 3
I'm as happy as can be!

3 2 1
I've had lots of fun!

