

ACTIVE TOTS

TODDLER

WALKING - 3 YEARS



LET'S

GET

MOVING



DANCE WITH ME

Read stories that encourage young children to carry out some actions during the story.

Examples include:

- **Sometimes I like to curl up in a ball** by Vicki Churchill and Charles Fuge
- **The sheep gave a leap** by Hilda Offen
- **As quiet as a mouse** by Hilda Offen
- **A fox got my socks** by Hilda Offen
- **Fred and Ted's Treasure hunt** by Hilda Offen
- **Little chick** by Amy Hest
- **Giraffes can't dance** by Giles Andreade and Guy Parker-Rees
- **Jolly Olly Octopus** by Tony Milton and Guy Parker-Rees
- **Use action rhymes and nursery rhymes** to practise a wide range of whole body movements
- **Moving to music and sounds** bells, musical instruments.

EVERYDAY ACTIVITIES

- **Walking, scooting** to early years setting
- **Climbing stairs** every day
- **Tidying up toys**, shifting objects and clearing up what has been left out
- **Sweeping up** sand and leaves
- **Self care activities** – dressing, buttons, putting on and taking off shoes
- **At home: Helping with chores** – pulling washing out of machine, carrying shopping or objects when tidying away, dragging items, wringing out face cloth.



PLAY WITH ME

- Set up an area or zone for ride-on toys and tricycles
- **Play with ribbons attached to a stick**
 - Throwing and catching scarves (on your own or with someone else)
- **Let children crawl** – over adult, over cushions, under tables & chairs, through tunnels, across tarpaulin outside
- **Walk on lots of different surfaces**, e.g. grass, slopes, sand, footpaths, gravel
- **Have plenty of push and pull equipment available**, e.g. wheeled toys and lycra for pulling
- **Blow bubbles** for children to chase
- **Objects to hold, wave, shake, bang, throw, hit or catch**, e.g. various balls, streamers, plastic bottle containing pasta or rice (lids firmly closed), pots, pans and various containers, cardboard tubes or paper wands
- **Objects to move over or climb**, through or around, eg. tunnels, boxes, carpet squares, ball pools, tyres, plastic boxes, taped catalogues/directories, rough areas including natural materials – wood stumps, logs and planks, climbing frames, low branches, ladders, stepping stones
- **Activities to practise general body awareness picking up objects and releasing**; passing objects from hand to hand, around the body/legs, receiving a rolled ball in two hands, then one; receive (collect) a self-fed rolled ball in two hands, [i.e. children roll a ball, run ahead of it and receive it in two hands], then one hand.



OUT AND ABOUT

- **Visit local green open spaces, woods** – to explore surroundings and provide variety
- **Play run and chase games e.g. tag.**
Let children chase you. Tuck scarf into back of clothes (waistband) and run around, some children will try to catch up and to pull out scarf
- **Provide space for children to run around freely** on different surfaces and play with different small equipment, e.g. skipping ropes, balls.



GAMES WE CAN PLAY

- **Play games with playground markings** or use equipment to set up activities
- Imitation games
- **Play games pretending to be different animals** – slither like a snake, get on all fours and move like a lion, stomp around like an elephant, move sideways like a crab, float around lightly like a butterfly, jump like a kangaroo. Make some picture 'prompt' cards to build anticipation
- **Mirror game** – sit or stand opposite children and get them to copy your movements, e.g. bending sideways, crouching down, hands above head, hands crossing the front of the body
- **Provide a box of dressing up clothes, shoes and props.** Collect a range of different sizes of shoes (ordinary or fancy), boots and trainers and let children try them on (a different type of shoe or boot on their feet) and run around an open space. They can change as many times as they like.



For more information visit:
active-together.org/active-tots

Or scan the QR code:



Funded by Leicestershire County Council.



EQUIPMENT IDEAS



- Bubble mixture
- Playground markings
- **Wheeled vehicles** – balance bikes, tricycles, scooters, buggies
- Fixed play equipment
- **Natural resources** – wood stumps, logs, planks, stepping stones, leaves, twigs, pine cones, conkers
- Paper wands, streamers, ribbons, lycra
- Ball pool
- Paddling pool
- Balls of various sizes and textures
- **Everyday household objects** – saucepans, pots, containers, spoons, whisk, baking objects, cloths
- Musical instruments
- Story books which encourage movement
- Nursery rhyme books
- **Construction materials** – Duplo, wooden blocks, natural materials, blankets and pegs (to make dens), cardboard boxes, buckets and sand
- Tunnels.

