

Little Movers

Setting the foundation for a lifetime of physical activity



The journey begins at home...

By The PE Umbrella

About Little Movers

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About Little Movers:

Little Movers is designed as a pack of fun, for parents and children to spend quality time together while nurturing physical, social, cognitive and emotional skills.

My children (5 and 2 years of age) love watching the Television as much as the next child, and this is completely ok. However, as a Primary School and PE teacher, I am fully aware of the importance of the early childhood years, and see the learning and development at this age as the cornerstone on which future learning will be built upon.

We are all busy teachers and parents, and time is a precious commodity that we never seem to have enough of. That been said, Little Movers is asking for 10 minutes of your time, two or three times a week to bond with your children and help develop their fundamental skills in:

- **Stability**
- **Coordination**
- **Catching**
- **Throwing**
- **Strength**
- **Jumping**

Straight after school, before tea, after tea, before bed. These are all perfect times to implement some of these activities. Little and often will yield some amazing results for your child!

What you will need

for setting the foundation for a lifetime of physical activity

Equipment and space are often seen as barriers to physical activity at home, but not anymore. Every game in this pack is designed so it can be played in even the tiniest of spaces! They can of course be played outside too, but when the Winter draws in, the fun doesn't have to stop.

To play every activity in this pack you will need:

- **Beanbag (make your own with dried rice and a sandwich bag)**
- **Ping pong balls (Use rolled up tinfoil or cling film instead)**
- **Small cones (Use coloured pieces of paper/card instead)**
- **10 cups (plastic cups or any ceramic/glasses from your cupboard will be fine)**
- **One Dice**

As you can see, you don't need all that much to get started with the Little Movers program. Every item has an easy homemade alternative that can be put together from things that are lying around most households.

So what are you waiting for?

Let's have fun with your **LITTLE MOVERS!**

Your Child's Umbrella

Following their journey...

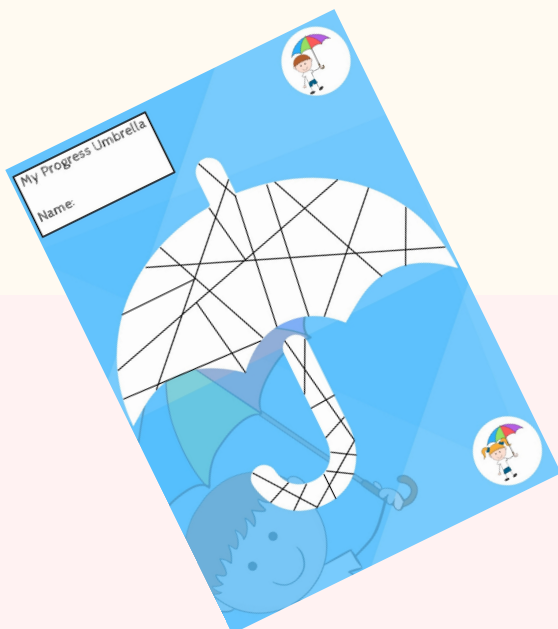
Every activity in this pack is split into five colours.

- Red
- Orange
- Yellow
- Green
- Blue

This gives your children the option of self challenge and the opportunity to progress from the bottom to the top. When they have completed a challenge, their score/time/catches made etc will equate to a coloured level on that challenge.

To celebrate their success, I encourage you to use the umbrella template below and have your child colour in a piece of the umbrella with the level they achieved. If you repeat a challenge several times, then of course colour in several pieces, there is no limit as to how many you should do at once.

Over time this will be completed and show a unique overview of your child's success in the challenges that can be displayed to celebrate their success (the fridge is ideal!)



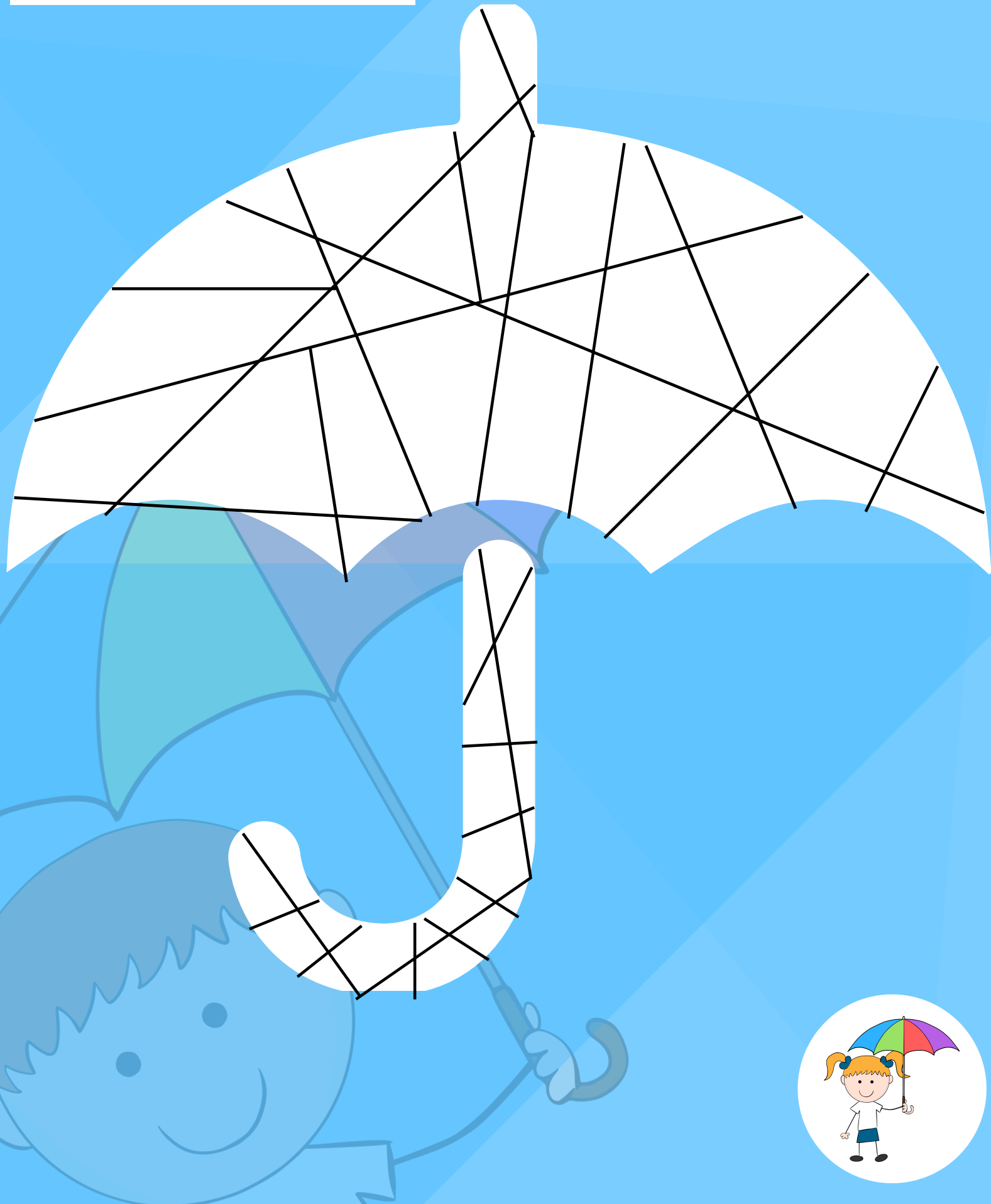
My Progress Umbrella

Name: _____



My Progress Umbrella

Name: _____

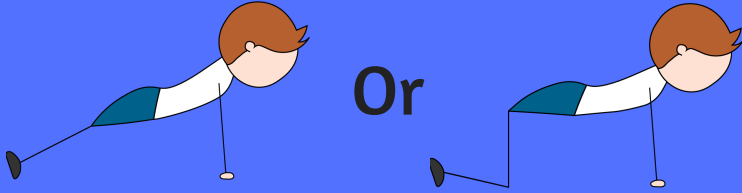


Strength & Balance

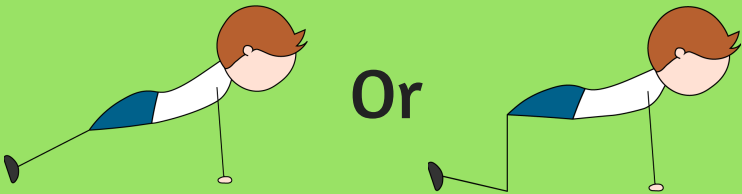
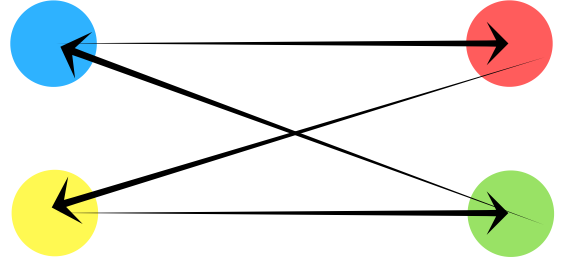
Front Support Home Challenge



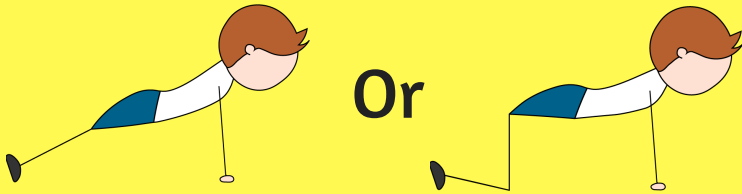
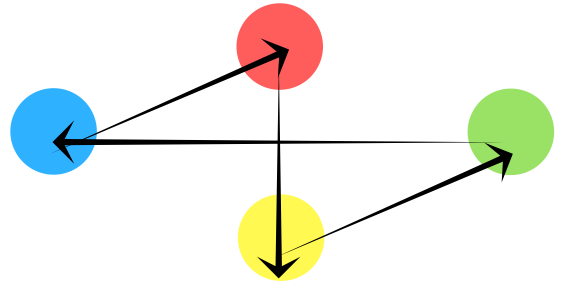
Get into a front support position of your choice. Position the cones directly below you in the suggested pattern of your choice. Move a bean bag in the direction shown. Complete the number of circuits stated to complete that level!



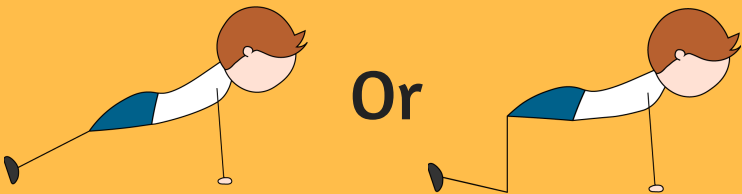
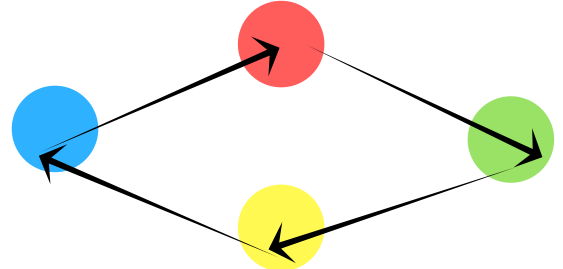
x5



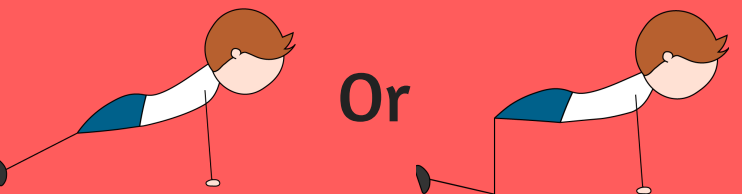
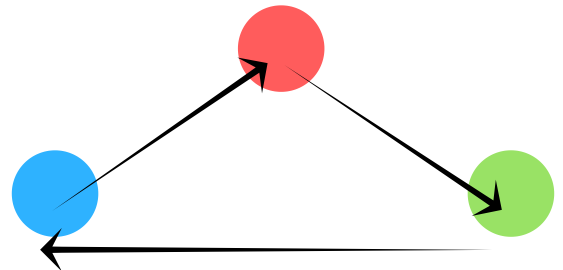
x5



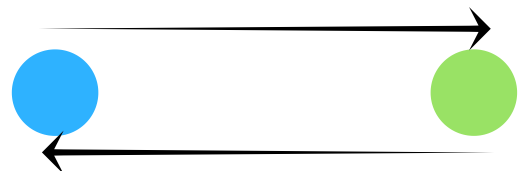
x5



x5



x5



Easier - Use both hands to move the beanbag

Harder - Use one hand to move the beanbag

Jumping & Balance

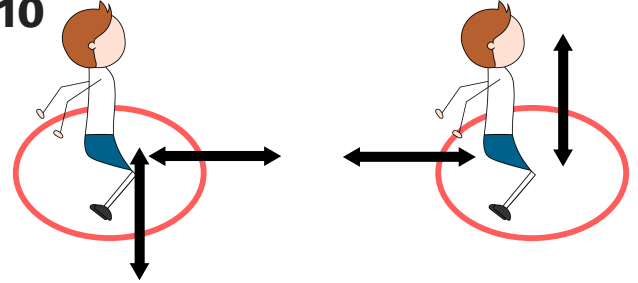
Speed Bounce Home Challenge



Simply stand inside a hoop, a small circle marked out on the floor or on a rubber spot. Choose your jumping challenge from the list below.

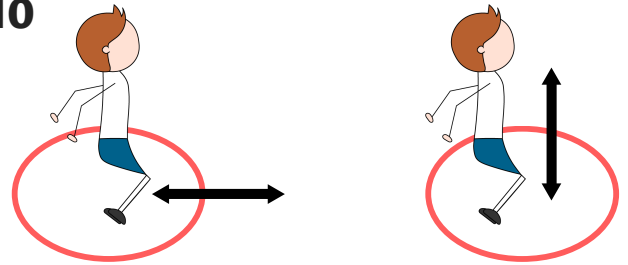
As with the green level, except continue jumping in and out of your hoop/on and off your spot clockwise until you have completed a full circle.

x10



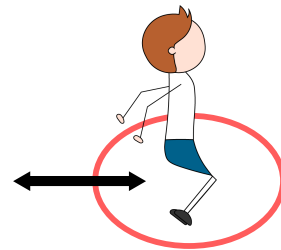
With 2 feet together, jump forwards, backwards, then immediately side to side in and out of your hoop/on and off your spot. Completing both = 1 circuit.

x10



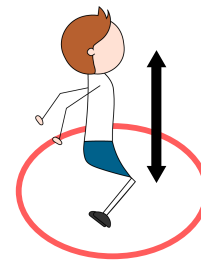
With 2 feet together, jump backwards, then forwards in and out of your hoop/on and off your spot

x20



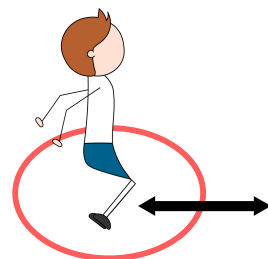
With 2 feet together, jump sideways out of your hoop (off your spot), then back in again.

x20



With 2 feet together, jump forwards, then backwards in and out of your hoop/on and off your spot

x20



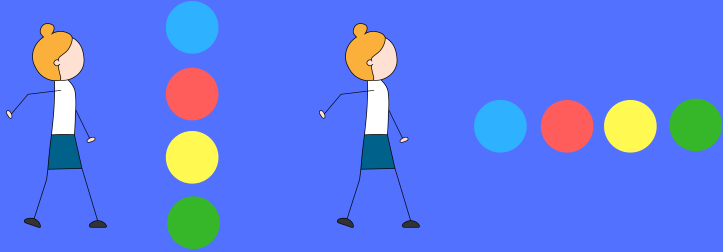
Easier - pause between each jump

Harder - Try the challenge on 1 leg

Throwing Accuracy Home Challenge



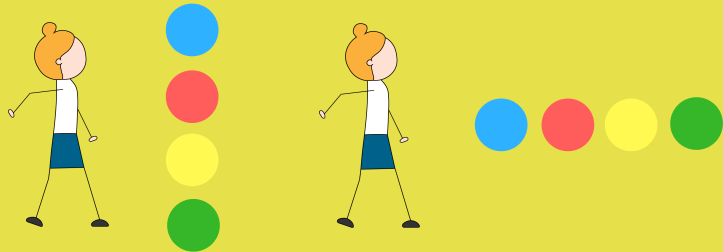
Set up your cones in either of the suggested patterns horizontally or vertically. Have the 2 cones of each colour stacked on top of each other. If you don't have cones, use coloured paper. Choose a code to crack from the list. Throw your beanbag towards a cone. If you hit it, you get to keep the cone of that colour. Try to collect the cones you need to build the pattern. Stand as close or as far from the cones as you feel comfortable. Once you've recreated the code with the cones you collected, return them to the start position and try another code. How many codes can you crack in 5 minutes?



8 Codes



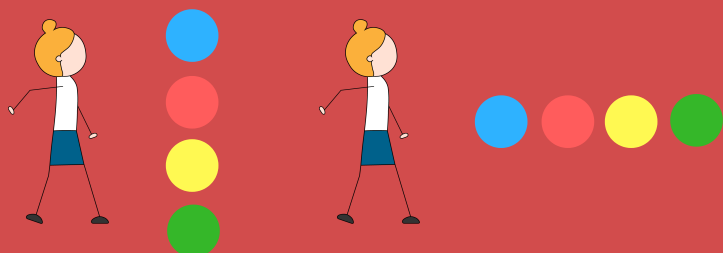
7 Codes



5 Codes



3 Codes



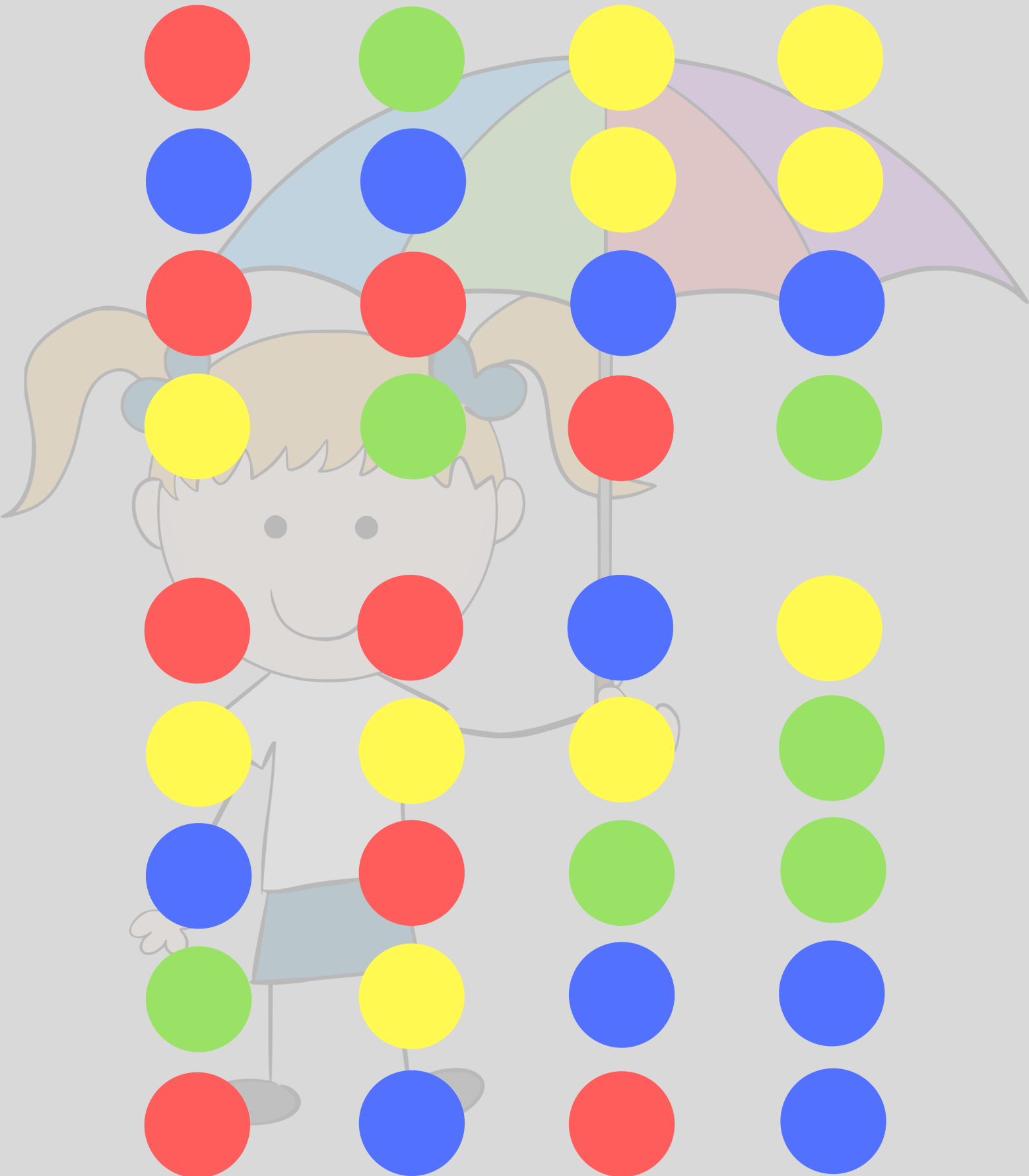
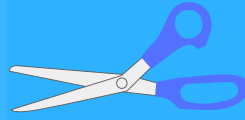
2 Codes

Easier - Stand closer

Harder - Stand further back or use your weaker hand

Throwing Accuracy Home Challenge Codes

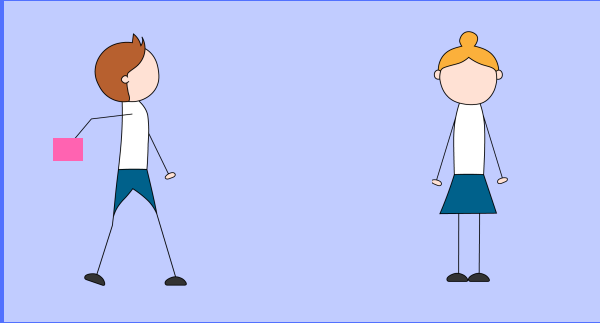
Cut Out the codes



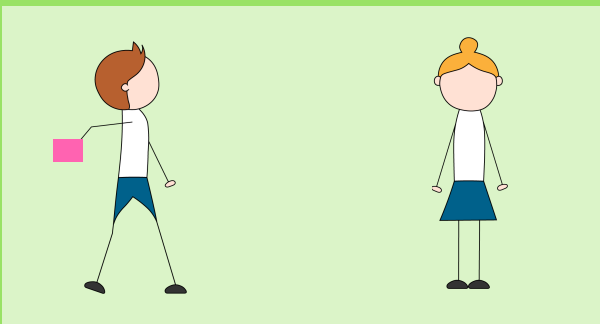
Coordination & Catching Stick Man Home Challenge



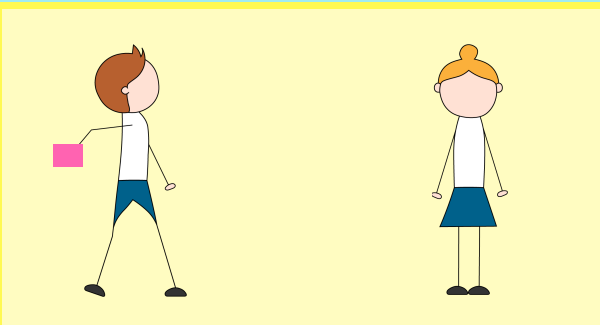
Stand facing your child and have one beanbag/homemade alternative ready to go!
Use a timer to see how quickly you can complete your stick figure working together!
Earn a body part by catching the beanbag on the corresponding part (e.g. left arm =
get an arm) Each player **MUST** contribute!



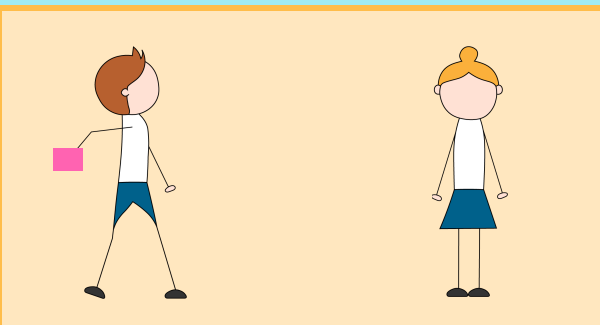
1 Minute



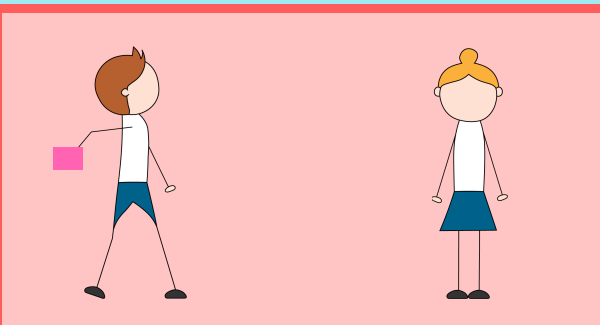
2 Minutes



3 Minutes



4 Minutes



5 Minutes

Alternate - Play against each other, who can build their figure first?

Coordination & Catching Stick Man Home Challenge Record Sheet

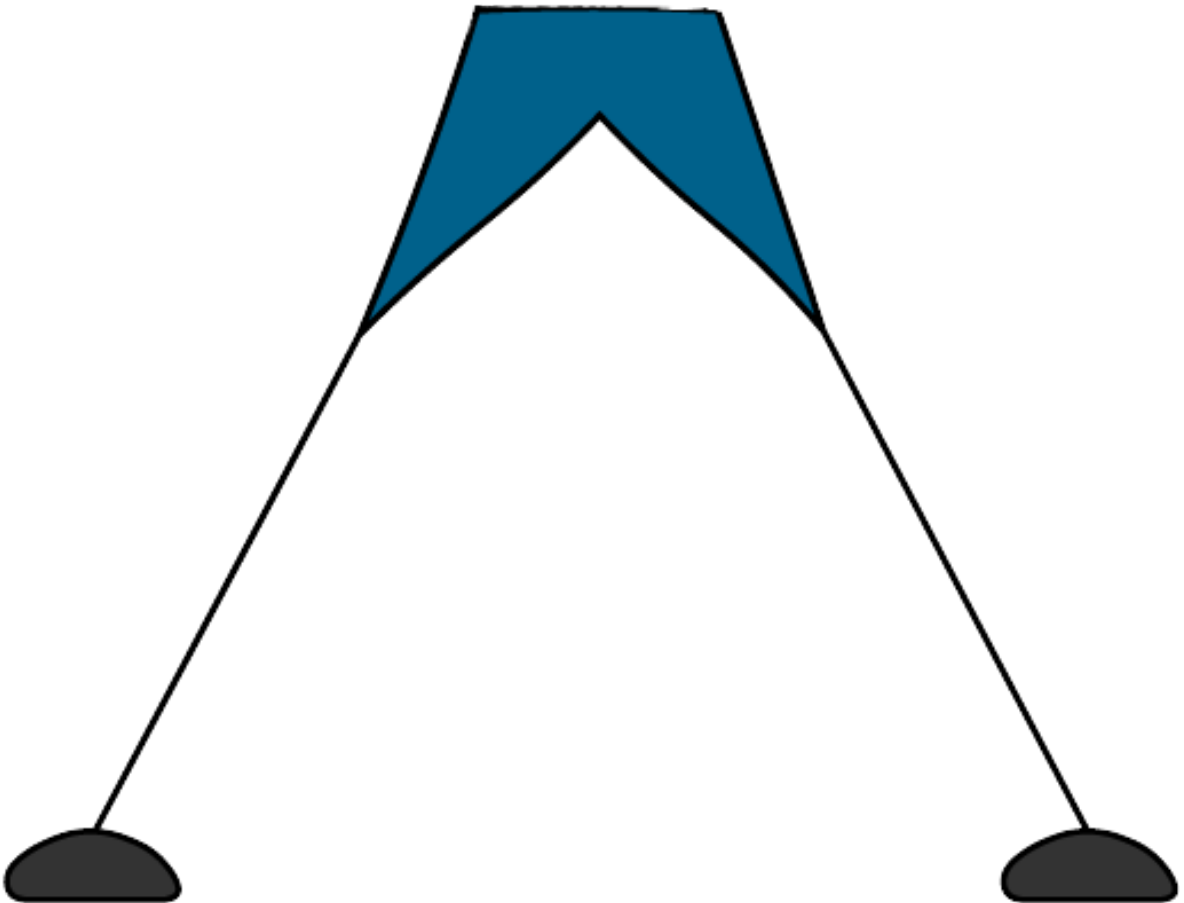
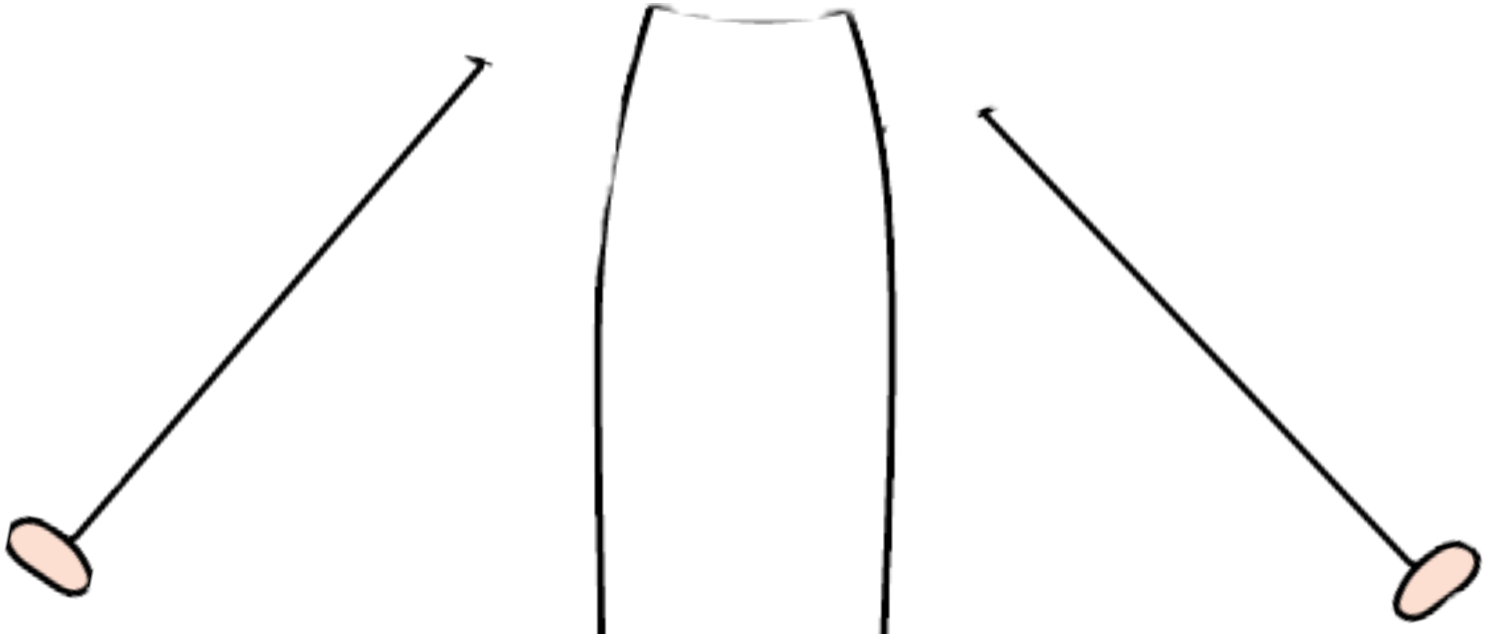
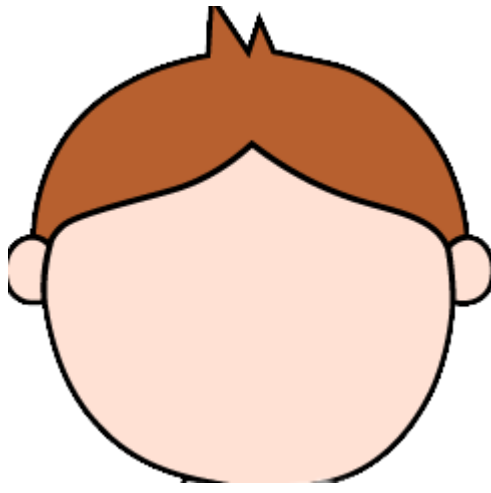
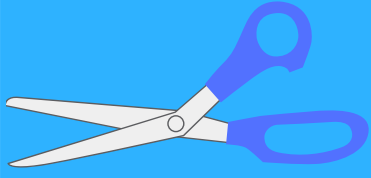


Use this sheet to record your best times for completing the stick man challenge!

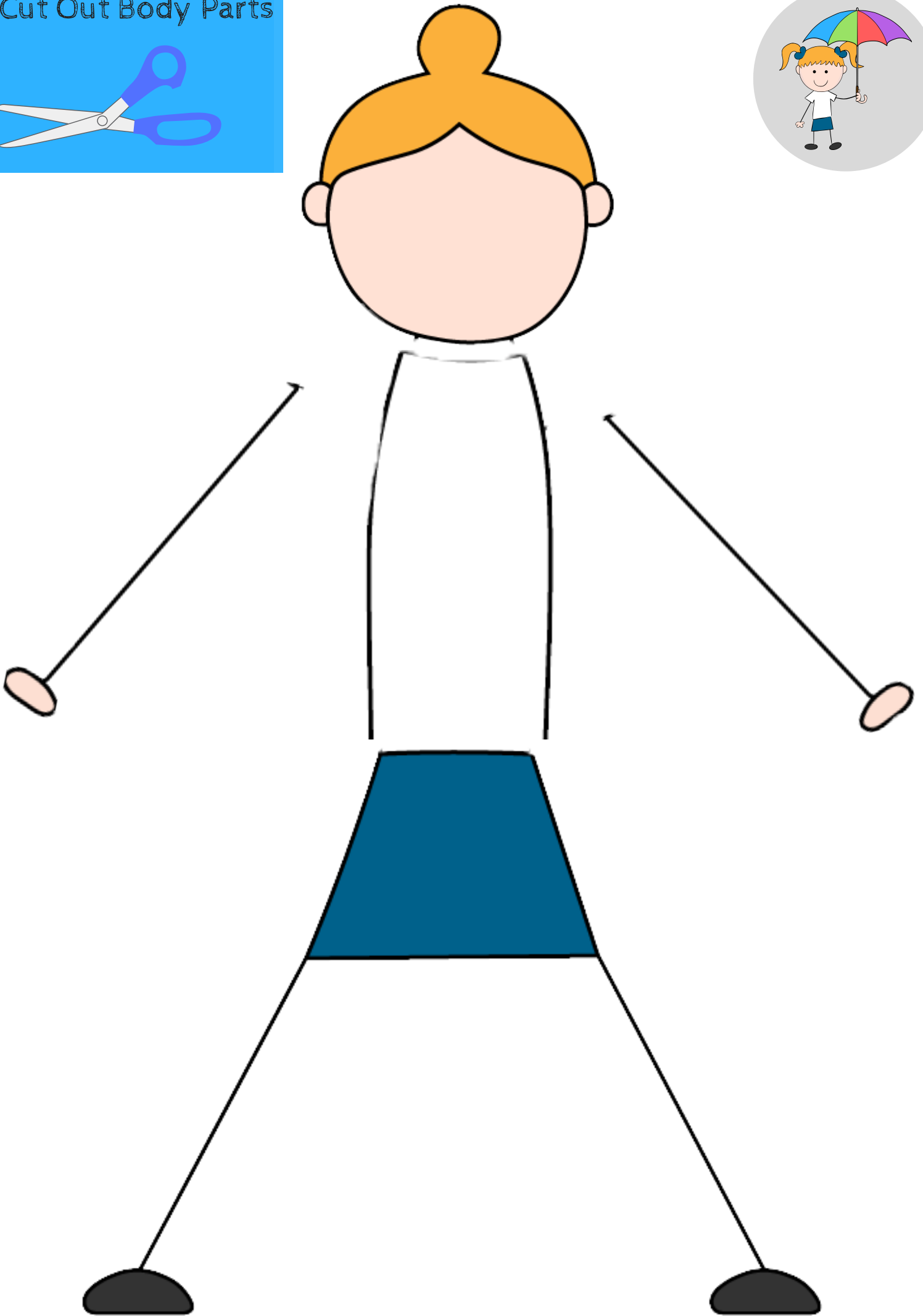
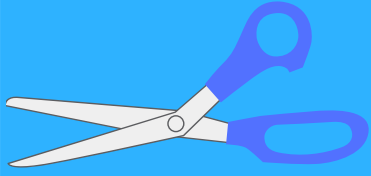
Solo

Duo

Cut Out Body Parts



Cut Out Body Parts

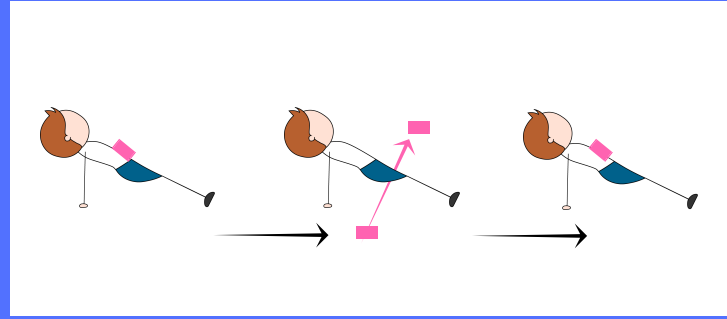


Strength & Balance
Crazy Crab Home Challenge
(Build your Aquarium)

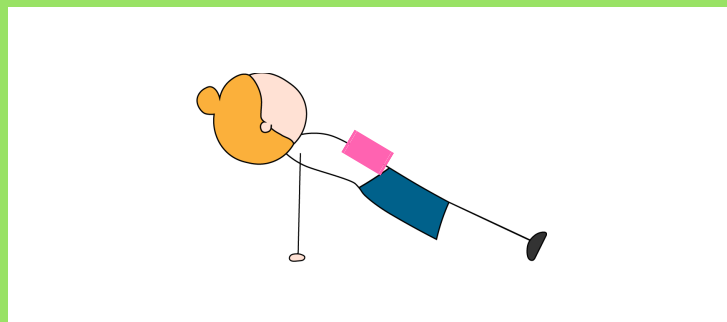


Simply find a free space in your house, it doesn't need to be too big! Grab a beanbag/cone/homemade alternative (A sandwich bag filled with rice works). If you complete a coloured challenge, pick a shark of that colour and add it to your aquarium.

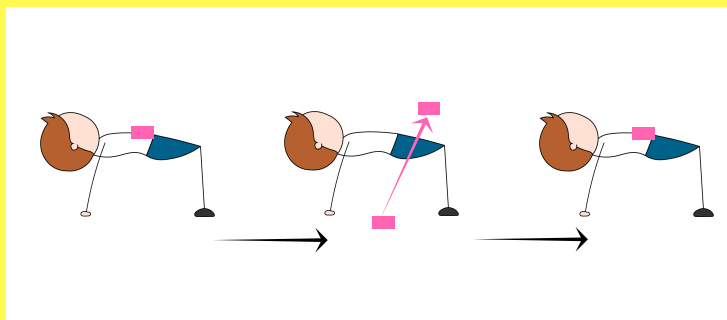
Start with the beanbag/cone on your tummy. Move it to the floor next to you, slide it under your body to the other side, then return it to your tummy. Can you complete 5 full circles?



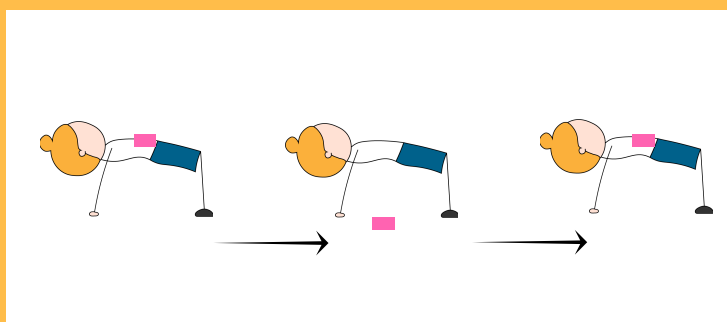
Balance your beanbag/cone on your tummy for 10 seconds



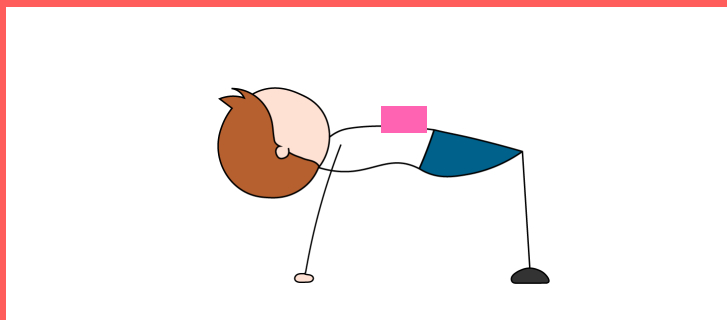
Start with the beanbag/cone on your tummy. Move it to the floor next to you, slide it under your body to the other side, then return it to your tummy. Can you complete 10 full circles?



Start with the beanbag/cone on your tummy. Move it onto the floor next to you, return it to your tummy, then place onto the floor the other side. 1 point each time it touches the floor! Can you get to 10?

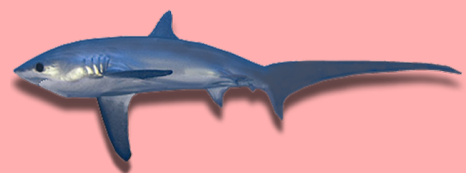
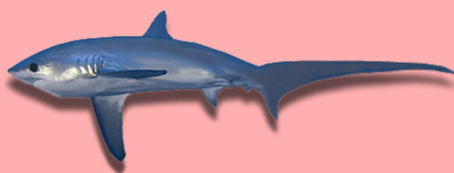
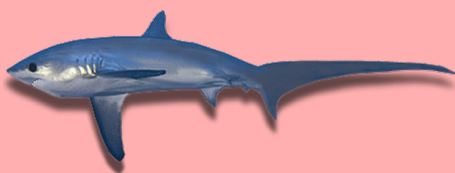
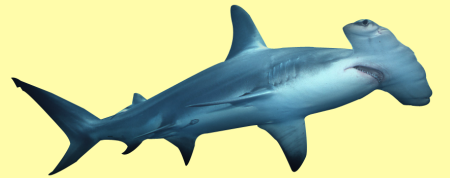


Balance your beanbag/cone on your tummy for 10 seconds

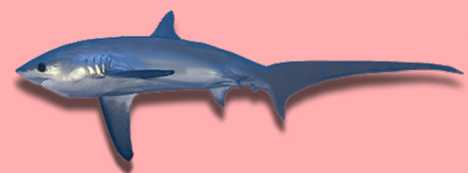
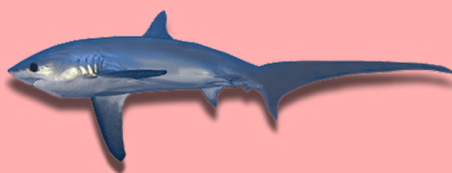
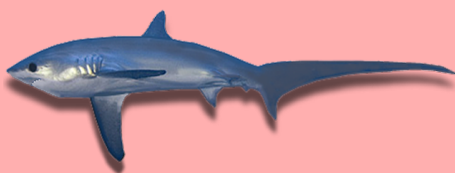
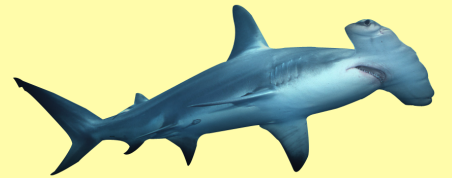


Easier - Reduce target to 5 seconds/circles/points

Harder - Lift 1 leg into the air

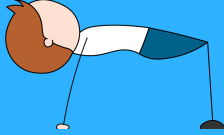


Cut Out Sharks



Cut Out Sharks

Crazy Crab Home Challenge

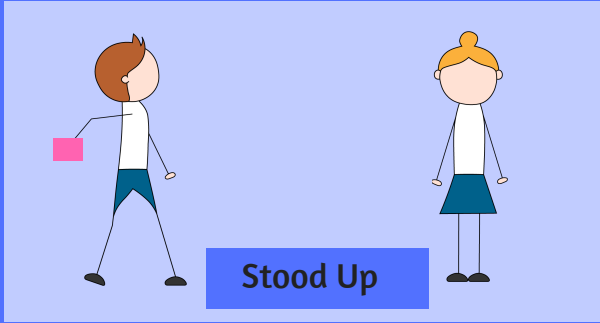


Throwing & Catching

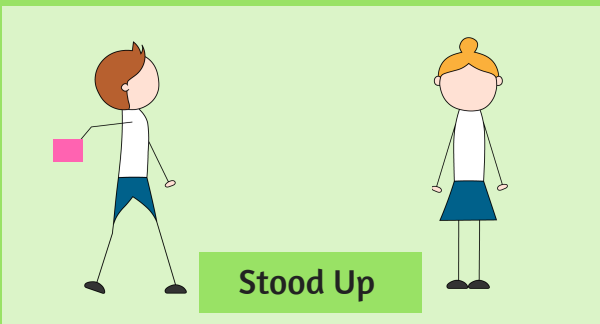
Take 10 Home Challenge



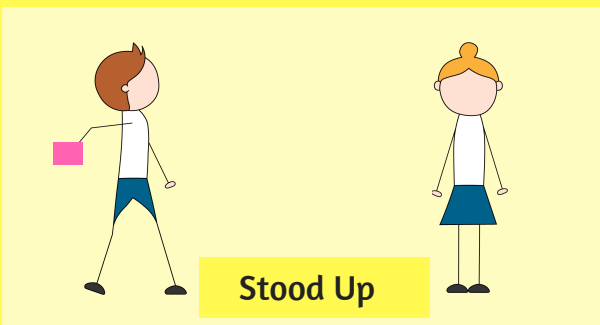
Find a suitable space inside (or outside) of your house. Have one beanbag ready (or homemade alternative). Choose your challenge colour and give it a try!



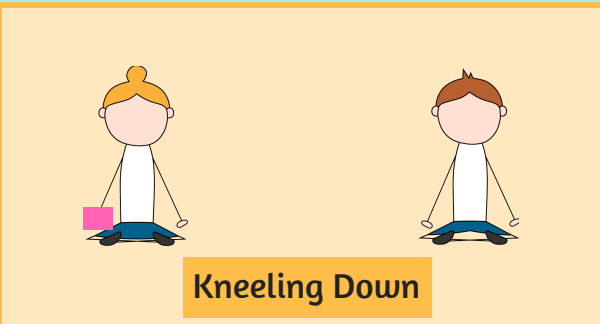
x10 Throw & Catches
(clap before catch)
No Drops



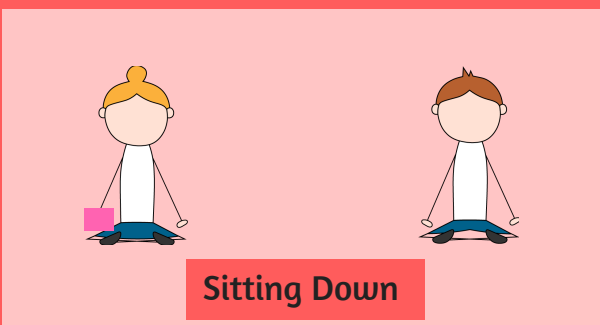
x15 Throw & Catches
No Drops



x10 Throw & Catches
No Drops



x5 Throw & Catches
No Drops



x5 Throw & Catches
No Drops

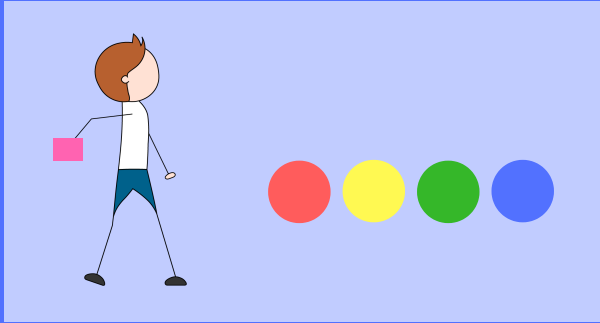
Easier - Continue from same number after a drop

Harder - One handed catches

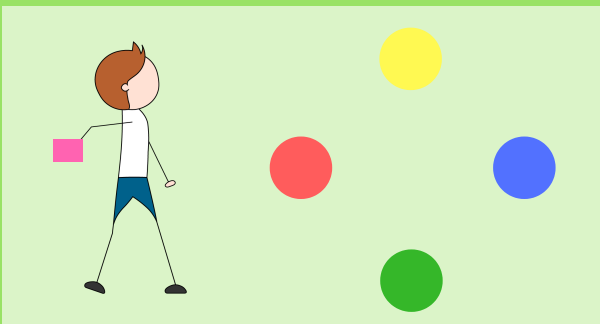
Throwing Maze Escape Home Challenge



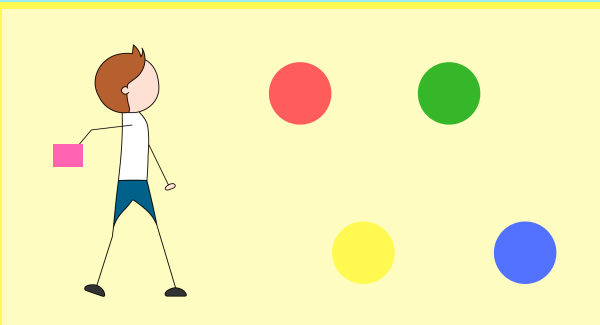
Set out your 4 coloured cones on the floor in any pattern you like (Some suggested options below). Grab your beanbag/homemade alternative and take turns trying to hit a coloured cone with a throw and guide Penny through the maze. Use a coin as a counter to track your progress. How quickly can you escape?



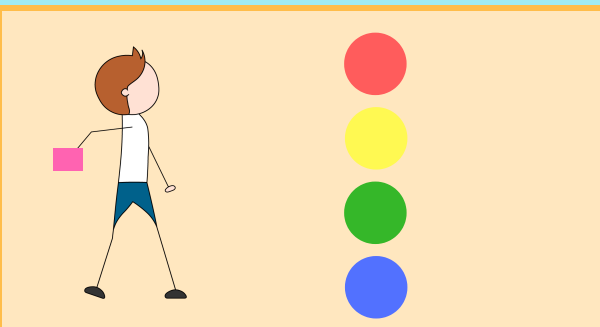
3 Minutes



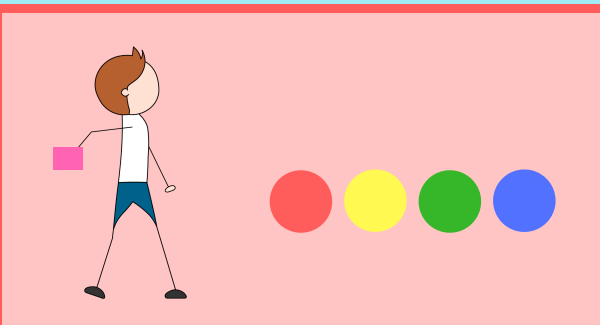
4 Minutes



5 Minutes



6 Minutes



7+ Minutes

Alternate - Play against each other with no timer, who can help Penny escape first?

Throwing Maze Escape Home Challenge Record Sheet

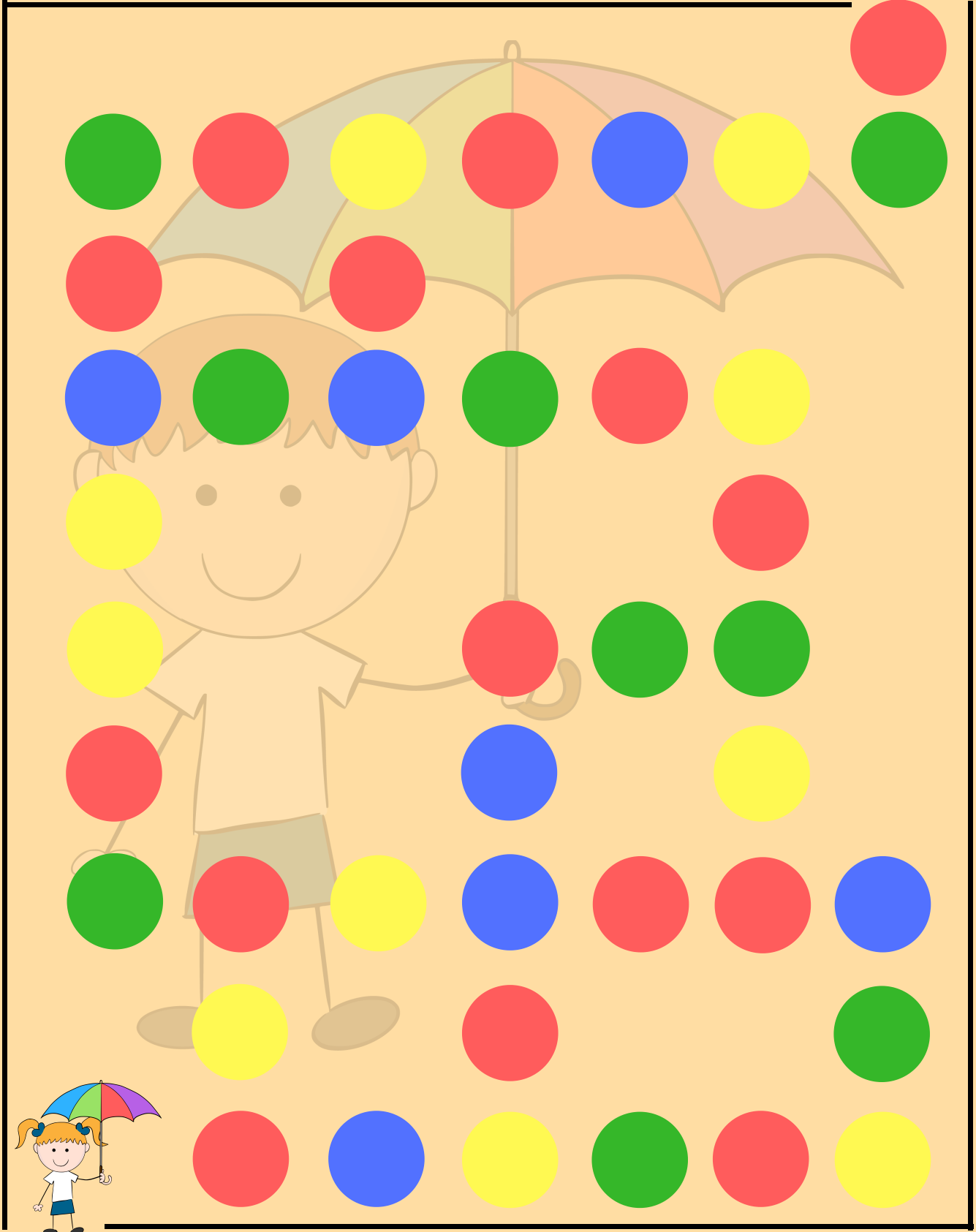


Use this sheet to record your best times for completing the maze escape challenge!

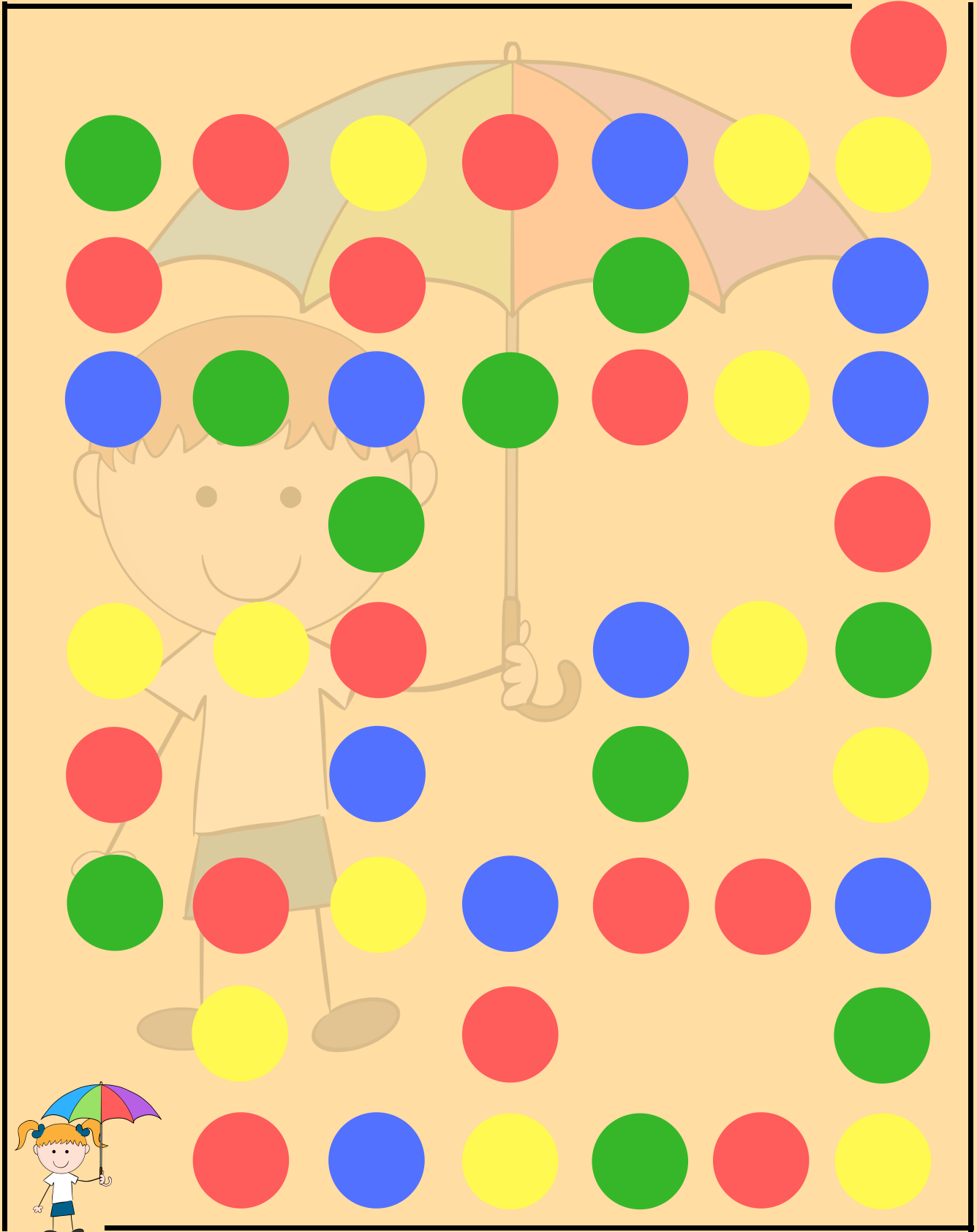
Solo

Duo

Maze Escape Home Challenge



Maze Escape Home Challenge

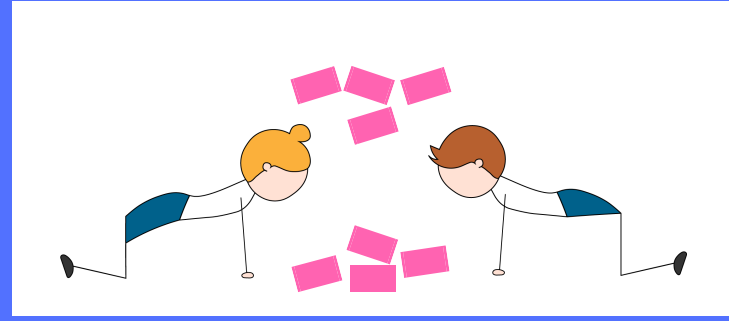


Strength & Coordination Criss Cross Home Challenge

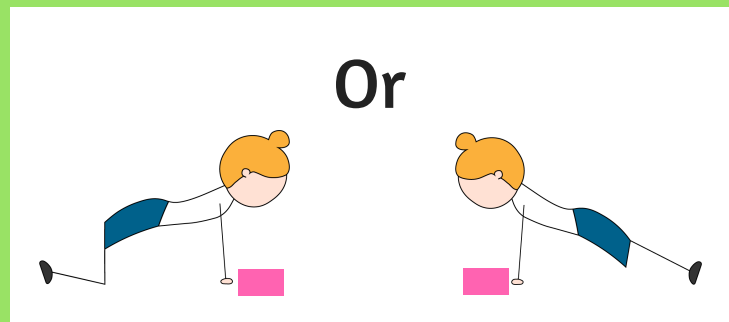


Simply find a free space in your house, it doesn't need to be too big!
Grab a beanbag/cone/homemade alternative. Try to complete the challenges below, which colours can you achieve?

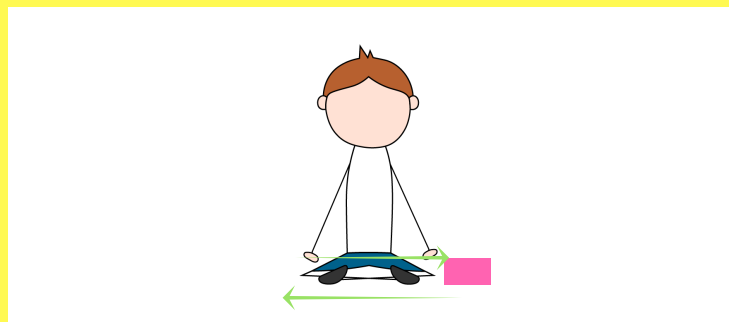
6-8 beanbags are needed for this game (or homemade versions). Get into a front support position facing a partner. Place some beanbags between you and to the side. Each player piles the one to their right hand side. For 30 seconds, players must reach across and take beanbags from their partner's pile using their right hand and add them to their own pile. The player with the most after 30 seconds is the winner.



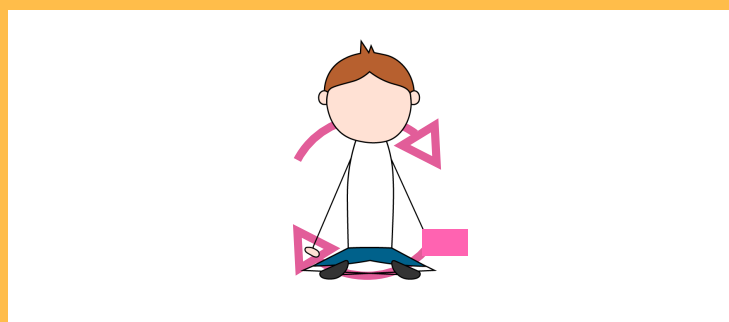
Choose a front support position and place the beanbag on one side of your body. Reach across with your opposite arm and bring it to the other side. Can you complete 20 transfers?



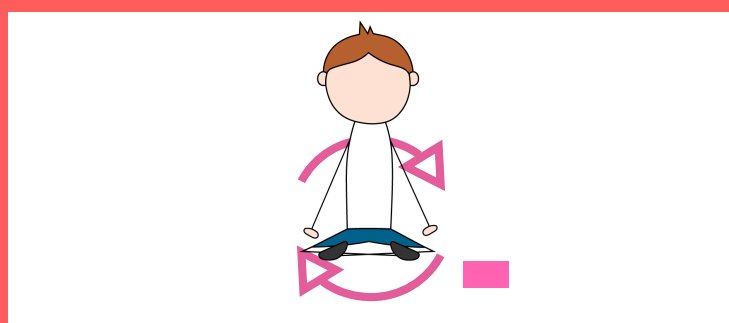
Sit cross legged on the floor and place your beanbag next to you. Reach across your body with the arm opposite the beanbag and bring it across to the other side of your body. Repeat with the other arm. Can you complete 20 transfers across?



Sit cross legged on the floor and hold your beanbag in your hand. Pass your beanbag from one hand to the other and make a full circle around your body. Can you complete 20 full circles without it hitting the floor?



Sit cross legged on the floor. Slide your beanbag around your body to make a full circle. Can you complete 20 circles without stopping?



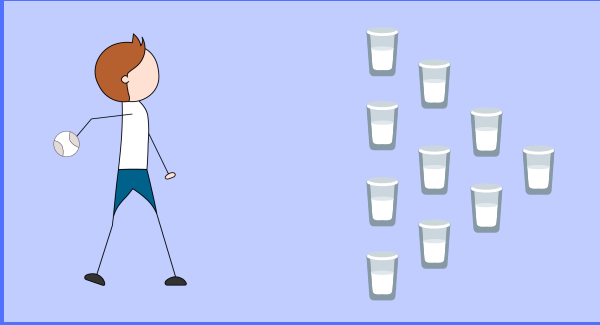
Alternate - Sit in a pike position, legs straight to activate the tummy muscles more.

Throwing Accuracy

Catch the Cup Home Challenge



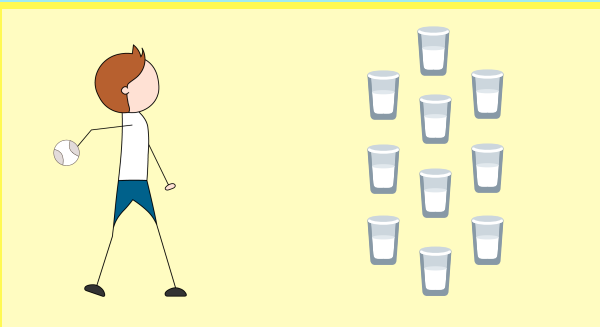
Find a suitable space inside (or outside) of your house. Have some ping pong balls ready (or homemade alternative). Set up 10 cups (mugs/glasses/anything in your cupboard) into a triangle or any shape of your choosing (see examples below). Sit/kneel or stand any distance you choose and try to throw your ball into the cups. Capture a cup if you land your ball into it. How many cups can you get in 5 minutes?



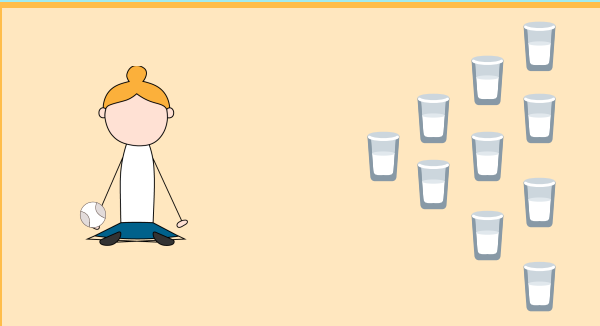
9-10 Cups



7-8 Cups



5-6 Cups



3-4 Cups



1-2 Cups

Alternate - Use your weaker hand/Try to bounce the balls in if using ping pong balls.

Strength & Stamina

Dino Climb Home Challenge



Find any suitable space inside or out. Use a coin or other object as your playing piece on the board below. You will need 1 dice (or dice roll phone app). Roll the dice and use a coin or counter to move up the board completing the exercise and repetitions stated in the coloured zone you're in. If you land on a dinosaur head, double the repetitions. Play for 5 minutes to see which zone you finish. Can you escape the dinos?

Finish

Mountain Climbers x10

Lunges x5 (each leg)

Squats x5

Tuck Jumps x5

Start

Star Jumps x10

Harder - Play game board two, if you land on a waterfall you must go back to the bottom of it!

Strength & Stamina Dino Climb Home Challenge



Same rules apply as game board one, but if you land on a waterfall you must slide down the mountain! Can you beat the dinos and get to the top?

A blue horizontal band representing a mountain section. It contains a path of circles. From left to right: an empty circle with an upward arrow, a circle with a red T-Rex, a circle with a Stegosaurus, an empty circle, a circle with a red T-Rex, and a circle labeled "Finish". To the right of the path is an illustration of a boy performing mountain climbers. Below the illustration is a white box with the text "Mountain Climbers x10".

Finish

Mountain Climbers x10

A green horizontal band representing a mountain section. It contains a path of circles. From left to right: a circle with a blue dragon-like creature, a circle with a red T-Rex, an empty circle, a circle with a red T-Rex, and a circle with a red T-Rex. A blue waterfall graphic is positioned in the center of the path. To the right of the path is an illustration of a boy performing lunges. Below the illustration is a white box with the text "Lunges x5 (each leg)".

Lunges x5 (each leg)

A yellow horizontal band representing a mountain section. It contains a path of circles. From left to right: a circle with a blue dragon-like creature, a circle with a red T-Rex, an empty circle, a circle with a Stegosaurus, an empty circle, and an empty circle. A blue waterfall graphic is positioned in the center of the path. To the right of the path is an illustration of two boys performing squats. Below the illustration is a white box with the text "Squats x5".

Squats x5

An orange horizontal band representing a mountain section. It contains a path of circles. From left to right: an empty circle, a circle with a Stegosaurus, an empty circle, an empty circle, a circle with a blue dragon-like creature, and an empty circle. A blue waterfall graphic is positioned in the center of the path. To the right of the path is an illustration of a boy performing tuck jumps. Below the illustration is a white box with the text "Tuck Jumps x5".

Tuck Jumps x5

A red horizontal band representing a mountain section. It contains a path of circles. From left to right: a circle labeled "Start", an empty circle, a circle with a red T-Rex, an empty circle, an empty circle, a circle with a Stegosaurus, and an empty circle. To the right of the path is an illustration of a boy performing star jumps. Below the illustration is a white box with the text "Star Jumps x10".

Start

Star Jumps x10

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