

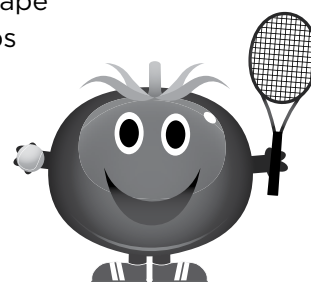
ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Kolap

This throwing activity was played on Mer Island in the Torres Strait. Kolap refers to the throwing objects from the Kolap tree.

Skills developed:	underarm and overarm throwing
Equipment:	targets such as a hula hoops, rubber mats or towels bean bags or sponge balls, chalk, rope or masking tape
Space required:	a marked play area with space between groups
Time:	5-10 minutes



what to do

- 1 Divide the children, parents and carers into pairs or small groups.
- 2 Hula hoops or mats are placed on the floor as a target.
- 3 Mark a throwing line.
- 4 Children throw bean bags or sponge balls onto the target from the throwing line.
- 5 One child starts the activity and throws three bean bags. A player from the next group or pair throws the next three bean bags.
- 6 The activity continues until each player has thrown their three bean bags.
- 7 If there is enough equipment, give each player their own target so players can throw at the same time. This will make the game quicker and the children can have more turns.
- 8 Encourage parents and carers to praise their child's efforts.

Make the activity easier

- Move the target closer to the players.
- Use larger targets.

Make the activity harder

- Move the target further away from the players.
- Vary the type of throw e.g. one handed throw, overarm throw.
- Set a time limit for each round of three bean bags to be thrown.

Teaching points

- Praise children when bean bags land on or near the target.
- Players collect their bean bags when everyone has finished their three throws.
- Demonstrate different types of throws e.g. one handed throw, overarm throw.



ACTIVE PLAY ACTIVITIES

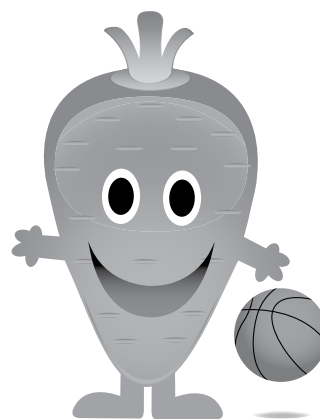
RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Duck, duck, goose

Skills developed:	running, hopping, galloping (depending upon instruction)
Equipment:	no equipment required
Space required:	space for players to make a circle and room for them to chase around the outside
Time:	10 minutes

what to do

- 1 Organise the children, parents and carers to sit in a circle.
- 2 All children perform a movement such as clapping, stretching or wiggling.
- 3 One person is chosen to walk around the circle tapping each person gently on their back.
- 4 As they tap a person they say “duck”. They say “duck, duck” (a number of times) and then tap someone and say “goose”.
- 5 The person who is tapped when they say “goose” becomes the chaser. They chase the other person around the circle and try to tag them.
- 6 The person being chased must get back to where the person who was “goose” was sitting without being tagged.
- 7 The activity continues until all children have had a go at being the chaser.



Make the activity harder

- Introduce different chasing skills e.g. hopping, skipping, galloping.

Teaching points

- Make sure the children are spaced out evenly in the activity area.
- In a small area, restrict players to walking.
- Demonstrate how to run, emphasise the leg and arm movements.
- Aim to give every player a turn.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Frog jumping

Skills developed:	jumping, running, hopping, galloping, side-sliding (depending on instruction)
Equipment:	markers for children to jump on (towels or mats) chalk, masking tape or rope cones
Space required:	a soft-fall or grassed area for 4–6 markers in a line
Time:	10 minutes

what to do

- 1** Make a start line.
Place the markers in a straight line from the start line and a cone at the end.
- 2** Make as many rows as you can.
- 3** Organise into groups and tell the children which line to follow.
- 4** Ask everyone to practise their jumping.
Ask parents and carers to demonstrate this activity to the children.
- 5** Children jump like a frog onto all four markers and run around the cone and back to the start line.
- 6**
- 7** Encourage parents and carers to sing while children play the game.

Make the activity easier

- Move the markers closer together.
- Ask the children to use long strides or leaps if jumping is too difficult.

Make the activity harder

- Ask the children to jump in different directions such as forwards, backwards and sideways.
- Roll up a towel and ask children to jump across the river.
- Make the markers wider.

Teaching points

- Demonstrate a jump by bending the knees and pushing arms behind and then forward and upward reaching above the head to create momentum. You can ask the children to reach for the stars and pull them down from the sky as they land.
- When jumping, take off and land on both feet at the same time.

Helpful hint

You can sing the Da Glump song, but change the words from “da glump” to “a jump” or give the song an Australian feel by singing “a jump went the kangaroo last night” etc.

A jump (to the tune of Da Glump song)
A jump went the little green frog last night
A jump went the little green frog
A jump went the little green frog last night
And his legs went jump, jump, jump! But – we all know frogs go
(Clap)-la de da de da, (clap)-la de da de da
(Clap)-la de da de da. We all know frogs go (clap) la de da de da, they don't go jump, jump, jump.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Walk the line

Skills developed:	balance, jumping, hopping, leaping, side-sliding (depending on instruction)
Equipment:	chalk or masking tape
Space required:	area big enough to mark a line for each child
Time:	10 minutes

what to do

- 1 Use chalk or masking tape to mark a straight line for each child. (If this is not possible ask them to play in pairs and share a line).
- 2 Ask children to move along their line:
 - like it is a tightrope
 - different ways such as forwards, backwards, side-sliding
 - jumping like a kangaroo, hopping like a rabbit or leaping like a lion.
- 3 Parent, carers and facilitators/staff should demonstrate all of these movements to children before they try them.

Make the activity easier

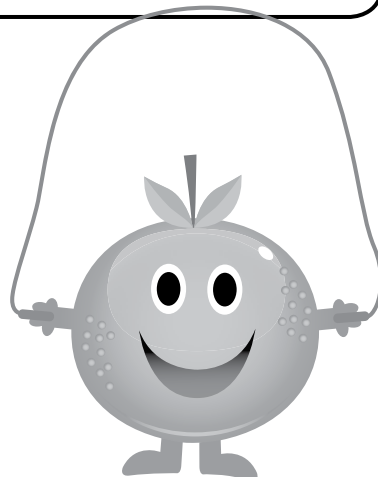
- Ask the children to walk, jump or hop along the line slowly and only in one direction.
- Make the length of the line shorter

Make the activity harder

- Ask the children to move along the line in different ways and in different directions.

Teaching points

- Remind the children to stretch their arms out to the side to help them balance.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Balloon catching

Skills developed:	catching
Equipment:	balloons one medium sized, light weight ball e.g. beach ball
Space required:	enough space for children to throw a balloon
Time:	10 minutes

what to do

- 1 Ask the children, parents and carers to pretend they are jugglers who must keep the balloons up in the air using their hands.
- 2 Ask the children to balance the balloon on different body parts (e.g. hand, arm, knee, foot).
- 3 Pair children with their parent or carer and ask them to throw the balloon to each other.

Make the activity easier

- Get children to stand closer.
- Use a beach ball instead of a balloon.

Make the activity harder

- Get the children to stand further apart.
- Throw the balloon higher so they have to reach for them.
- Balance balloons on more difficult parts of the body such as elbows, wrists or ankles.

Teaching points

- Remind the children to watch the balloon or ball when they throw and catch.
- Ask the children to get ready by softly bending their elbows and stretching their fingers out wide. Say, "hands ready, fingers wide", so they are in position to catch the balloon.

Helpful hint

Sing a *Roo, Roo, Kangaroo* rhyme as you throw the balloon to each child.
Roo, Roo, Kangaroo,
Roo, Roo, Kangaroo,
Can I sing your name to you?



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Bouncing balls

Skills developed:	catching, stationary dribbling
Equipment:	a large, bouncy ball for each child
Space required:	outside play area if possible
Time:	10 minutes



what to do

- 1** Give every child a ball and spread them apart so they can't bump into each other.
- 2** Parents and carers demonstrate the following activities and encourage their children to copy:
 - Throw the ball up in the air and catch it. Repeat this activity several times. Remember the cue "*hands ready, fingers stretched wide*"
 - Throw the ball in the air and let the ball bounce once then catch it. Repeat this several times
 - Try to bounce the ball on the ground twice or more and then catch it. Emphasise "*soft fingers and push down on the ball with fingertips*", when bouncing the ball.

Make the activity easier

- Bounce and catch the ball with two hands.

Make the activity harder

- Bounce the ball with one hand.
- Dribble the ball with one hand without moving the feet.
- Bounce the ball with one hand and then with the other.
- Use smaller-sized balls

Teaching points

- To avoid slapping the ball when dribbling say, "*Use soft fingers and push the ball with your fingertips*".
- Listen to track 14, *Bounce the ball* from the *Munch & Move* CD (the lyrics and suggested actions are in the *Munch & Move Music Pack* in Section 5).

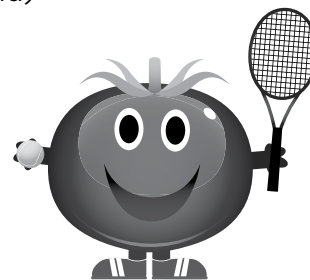


ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Scarf tossing

Skills developed:	throwing, catching
Equipment:	brightly coloured scarves (one for each child)
Space required:	area the size of a volleyball court
Time:	10 minutes



what to do

- 1** Hand out a scarf to each child.
- 2** Ask the children to find a space away from other children.
- 3** Parent and carers to demonstrate different movements with the scarves and get children to copy the following movements:
 - move the scarf to different places such as above the head, below the knees and behind the knees
 - windscreen wipers: swish the scarf side to side in front of the body
 - helicopters: swing the scarf in a circle above the head
 - propellers: circle the scarf in front of the body
 - wheels: circle the scarf at the side of the body
 - air snakes: raise and lower arms to make a wiggle pattern in the air
 - floor snakes: lower arm and flick wrist to make the scarf wiggle on the floor
 - butterflies: swing in a figure-eight pattern
 - zingers: make spirals from left to right and right to left.
- 4** If there are enough scarves, encourage parents and carers to take one and get involved.

Make the activity easier

- Use scarves for creative movement with music. Allow the children to make up their own actions.

Make the activity harder

- Throw scarf up in the air, clap once and then catch.
- See how many claps children can do without dropping their scarf.
- Throw the scarf up, turn around and then catch.
- Throw the scarf up, touch the ground and then catch.

Teaching points

- Ask the children to keep looking at the scarf as it is thrown and caught.
- Get children to stretch their arms in front to reach for the scarf as it falls down from a throw.

ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Dribble Kick

Skills developed: kicking, dribbling (moving while kicking a ball)

Equipment: cones, markers
tunnel made from cardboard box or alternative equipment, bouncy balls

Space required: large area (ideally outdoors)

Time: 10-15 minutes



what to do

- 1** Set up an obstacle course with equipment you have available e.g. cones, cardboard boxes, hula hoops or beanbags.
- 2** Make a tunnel using an open-ended cardboard box.
- 3** Set up two markers for a goal.
- 4** Dribble and kick the ball in a zig-zag pattern around the obstacle course.
- 5** Kick the ball through the tunnel, collect it at the other end and kick it into the goal.
- 6** Once a child has completed the course, ask them to go back to the start of the course and have another turn.

Make the activity easier

- Ask the children to run up and kick the ball into the goal.

Make the activity harder

- Set up more obstacles as part of the course and include some ramps or targets e.g. knock over skittles.

Teaching points

- Ask the children to practise kicking by standing and swinging their leg.
- Ask the children to kick the ball really hard when kicking into the goal.
- Ask children to kick softly when dribbling to help them control their movements.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Soccer skittles

Skills developed:	kicking
Equipment:	15 skittles or plastic bottles filled with sand chalk, masking tape or skipping rope 5 large bouncy balls
Space required:	large area similar to the size of a volleyball court
Time:	10–15 minutes



what to do

- 1** Set up a row of three plastic bottles (skittles).
- 2** Make a start line using skipping rope, masking tape or chalk about five metres back from the bottles.
- 3** Ask the children to work in pairs, kicking to each other.
- 4** Each pair of children then moves to a skittle station.
- 5** In pairs one child starts as the kicker while the other resets the skittles. Ask the children to run up and kick the ball hard from the starting line to see how many skittles they can knock over.
- 6** When one has had a turn as kicker they swap places and continue to take it in turns.

Make the activity easier

- Have the children stand closer together when kicking to each other.
- Place the start line closer to the skittles.
- Ask the children to roll the ball rather than kicking.

Make the activity harder

- Ask the children to move further away from the skittles.
- Ask the children to dribble the ball up to the start line before kicking the skittles.

Teaching points

- Ask the children to practise kicking by standing and swinging their leg.
- Explain to the parents and carers you want them to kick the ball with their shoelaces not their toe.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: *Throw, throw, throw*

Skills developed:	underarm and overarm throwing
Equipment:	lots of newspaper to make scrunched-up snowballs chalk or masking tape 2 similar-sized boxes
Space required:	indoor play area with enough space to move and throw
Time:	5-10 minutes

what to do

- 1** Scrunch up lots of paper to make snowballs. Divide snowballs evenly and place into two boxes.
- 2** Make a play area with a dividing line using masking tape or chalk.
- 3** Divide the children and parents and carers into two groups.
- 4** Place a box with snowballs the same distance back from either side of the dividing line.
- 5** When you give a signal to start the activity e.g. "Throw, throw, throw", children must:
 - run to the box on their side of the divide
 - get a snowball from the box
 - throw their snowball onto the other side of the line.
- 6** Parents and carers throw snowballs with children and encourage children to throw.
- 7** The side which throws all their snowballs first is the winner.
- 8** Play the activity again.
- 9** To clean up, encourage the children to throw the paper snowballs into the recycle bin.

Make the activity easier

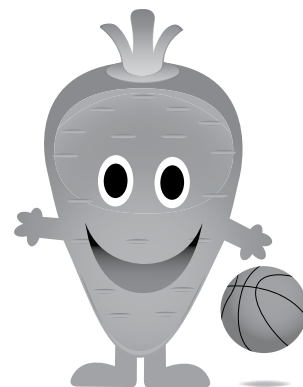
- Make the play area smaller.

Make the activity harder

- Make the play area larger.
- Use string or rope as a net to throw the snowballs over.

Teaching points

- Stress the cues to "*throw hard*" and "*step with the opposite foot*" when they throw.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Striking a ball

Skills developed:	striking an object
Equipment:	string or wool balloons rolled-up newspaper (taped together), the inside tubes of kitchen roll or cling wrap, poster cylinders or pool noodles cut in half
Space required:	inside or outside play area
Time:	5-10 minutes



what to do

- 1** Hang a line of string or wool from one stable post (or fixture) to another. Make sure the line is well above the height of the children for safety.
- 2** Blow up several balloons.
- 3** Tie a piece of string to the end of each balloon.
- 4** Hang the balloons from the line so they are at children's waist level. Leave plenty of space between each balloon so children can swing and hit the balloon safely.
- 5** Explain what striking is. Parents and carers demonstrate and practise the following steps:
 - standing side-on to the balloon
 - striking at the balloons with a rolled-up newspaper.

Make the activity easier

- Ask the children to strike the balloon when it has stopped swinging.
- Use lightweight bats with large heads.

Make the activity harder

- Reduce the size of the balloon.

Teaching points

- Practise the striking rhythm by saying aloud "one and two and strike".
- As children get more comfortable striking the balloon, get them to shift their weight from their front foot to their back foot and back again as they strike.



ACTIVE PLAY ACTIVITIES

RECOMMENDED AGES:
3 TO 5 YEARS

Activity: Dancing

Skills developed:	stretching, bending, balancing, walking, running, jumping, leaping, galloping, hopping and side-sliding
Equipment:	<i>Munch & Move Music Pack</i> CD player or laptop computer
Space required:	inside or outside play area
Time:	10–15 minutes

what to do

- 1 Listen to the *Munch & Move* songs.
- 2 Familiarise yourself with the lyrics and actions outlined in the *Munch & Move Music Pack* (Section 5).
- 3 Dance and sing to songs you think children at your playgroup will enjoy.

Note

You can order copies of the *Munch & Move* CD for parents and carers from the Health Kids website www.healthykids.nsw.gov.au/campaigns-programs/about-munch-move.aspx. Order these before you conduct this activity.

