

So are we ready to do our warm up, to get our bodies nice and warm so we can do some *Munch & Move* outside?

Yeah!

Before we begin the warm up activities we talk about the importance of move and why we need to warm up our bodies.

Through talking about physical activity with the children before we start our warm up, we hope to provide the children with an understanding of why physical activity is important for our health and wellbeing.

In the ocean room we have tried to make physical activity part of our daily routine and teach the children the importance of physical activity in our daily lives, and through the range of activities we try to instil that being physically active is an enjoyable part as well.

The *Munch & Move* warm up song is just lots of fun.

Through actively moving our bodies in a range of ways to the music we're promoting the stability skills of balancing when we freeze, locomotor skills when we are jumping, hopping and running on the spot.

We sing a modified version of 'Here We Go Round the Mulberry Bush' which is called 'This is the Way I Gallop', from the *Munch & Move* resource book.

This song has been a long-time favourite in the preschool room at Short Street as it is fun, energetic and can get everyone involved.

Over time we have changed how we present this activity to ensure that all the children are active for longer, so instead of sitting down after their gallop around the circle the children continue to gallop as each child stands up to have their turn.

This song allows the children to practice the fundamental movement skills of galloping within a fun, game-based activity.

This year we have lots of younger children transitioning into the ocean room, so at the moment we are focusing on encouraging the children to actively participate in the activity rather than the technique, which we can focus on later as they become more comfortable in the room and as their skills develop as well.

At the end, when all the children are galloping the educators then join in. The educators believe this is extremely important, as it provides opportunity for the children to see the educators actively participating in physical activity and also modelling the fundamental movement skills.

After we have warmed up our bodies with these action songs, we then undertake some simple stretches with the children, getting ready for our fundamental movement skills game 'What's the time Mr Wolf? Seven o'clock!'

This is a simple game which has been around for a very long while, which involves one child being the wolf and the rest of the children calling out, 'What's the time Mr. Wolf?', to which the wolf replies with a time.

The children then take steps towards the wolf to match the time given, before it's dinner time and the wolf chases the children.

At the moment we have quite a few younger children who need educator's support in this game.

However through minimal prompts and support the children are able to participate.

As the activity runs educators are not only able to model but also reinforce and correct fundamental movement skills technique.

During our game of 'What's the Time Mr. Wolf' we are focusing on the fundamental movement skills of running and galloping.

We've also found that through playing the game together the children learn the game quickly and will repeat this throughout their play, giving them further opportunity to practice and refine the fundamental movement skills through their own active play.

After our fundamental movement skills game, 'What's the Time Mr. Wolf', we begin to cool down our bodies with a song, 'Together Everyone Together', to relax our muscles.

Through using 'Rockabye Your Bear' it is a song that all the children know.

It starts off with lots of movement and is quieter, softer tones as the bear falls asleep.

This helps the children slow down their minds and bodies and their breathing.

We can then sing another calming song such as 'Winding the Bobbin Up'.

Living in a world which is very busy, often there is little time to stop and be mindful of our bodies and our surroundings.

Through the addition of some basic yoga for relaxation, the educators are aiming to provide opportunity for the children to stretch their bodies, develop body awareness and the awareness of their breathing.

Yoga helps to engage the children in the slower activity and refocus their attention back to themselves and the present.