

angelsTM

DAY NURSERY

Learning During Lockdown

Physical
Activities



Welcome to Lockdown learning with Angels

With the current situation with Covid-19, providing virtual support to children and families is key. Keeping you and your child healthy and safe is our main priority.

At Angels we have tried to provide you with a rich and varied range of learning opportunities. They are play based experiences and they fulfil and compliment so many curriculum areas. These are only guide lines and you can adapt the ideas, as you know your children best and can follow their interests. It is very much about laying a firm foundation in a fun and informal manner. This is about a quality, shared time together whilst also supporting their educational enrichment and development.

With all activities we ask you to reflect on the health and safety aspects. We know you will want to keep your child safe and happy. Please consider any risks. Remember adult supervision is required at all times.

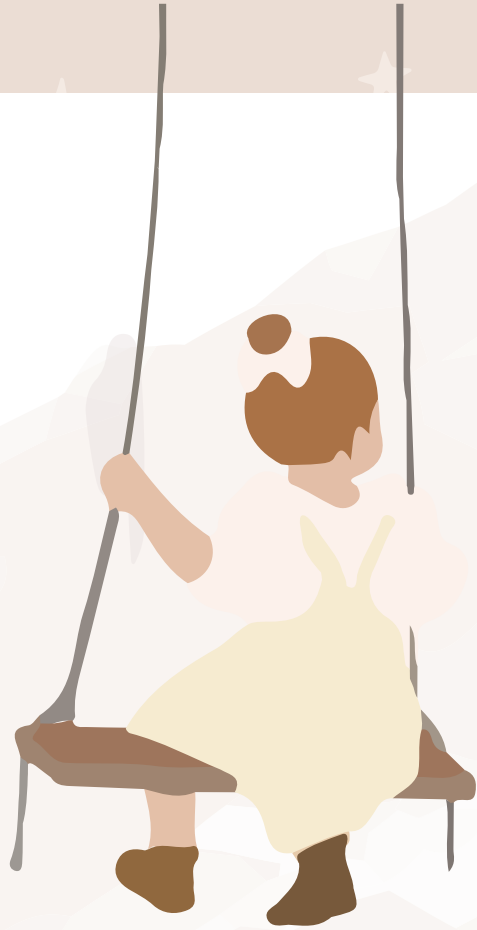
Don't forget to take lots of photos and upload them to Tapestry!

Tapestry Log In
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Physical Activities

Physical activities keeps your child fit and healthy, it strengthens bones, muscles, hearts and lungs, as well as improving coordination, balance, posture and flexibility.



The Floor is Lava

The floor is lava is a great way to get active with your child, it gets them to think about spacial awareness and helps them with following instructions.

By using coloured pieces of paper and taping them to the floor (masking tape works best) you create areas for you and your child to step on.

Explain to your child that the aim of the game is not to step on the floor and that they can jump from the coloured paper platforms.

Play some music and let your child dance, hop and skip around.

Try going as fast as you can from one side of the room to the other.

Shout out a colour and have your child get to that coloured piece of paper without stepping on the lava.



Toddler Yoga

Yoga for toddlers is a great way to get your child moving, it builds their strength and flexibility and increases their body awareness, balance, and coordination.

Here are some fun and easy yoga poses for you and your child to try.

Downward-facing dog pose

Have your child put their hands on the floor, heads upside down, and look through their legs, this will help them see their surroundings from yet another different perspective.

Tree pose

Hold your child's hand and encouraging them to lift one leg up and touch their other leg with it. Eventually, once they gain their balance, they can lift the foot up without holding your hand. This pose is exciting for toddlers as they are now finally mastering walking.

Mountain pose

This pose is very simple as it only involves standing up straight, get your child to raise their arms above their heads and clap.

Legs up the wall

Sit down with your child, and get them to walk their feet up the wall and encourage them to stretch their legs wide on the wall. This helps to increase circulation.

Happy baby pose

This pose is easy, it's almost like second nature to ask your toddler to lie on their back and hold their feet. It helps strengthen the outer hips, chest and shoulders.

Yoga Classes

Try watching some of these yoga videos, join in and explore different poses with your child whilst playing and singing.



Dance Class

Dancing is an excellent way to work in some physical activity. Toddlers are naturally inclined to love music and move their bodies along with it. You don't have to focus on anything too structured, just pick three random songs throughout the day and start grooving.

Props can add a lot of joy to dancing. Try giving your child a pretend microphone or a toy guitar and put on some music and see if they don't start to play along.

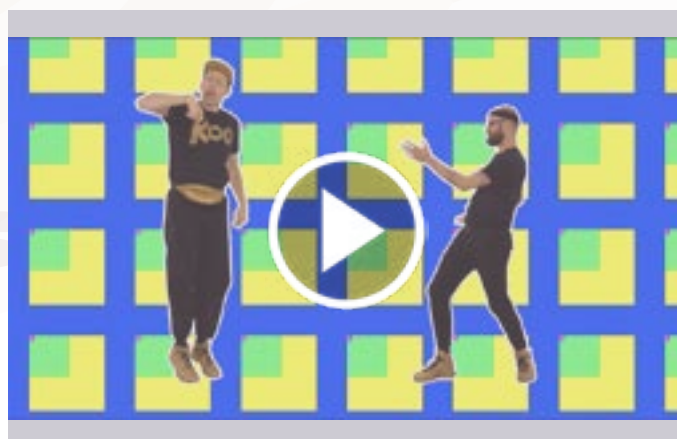
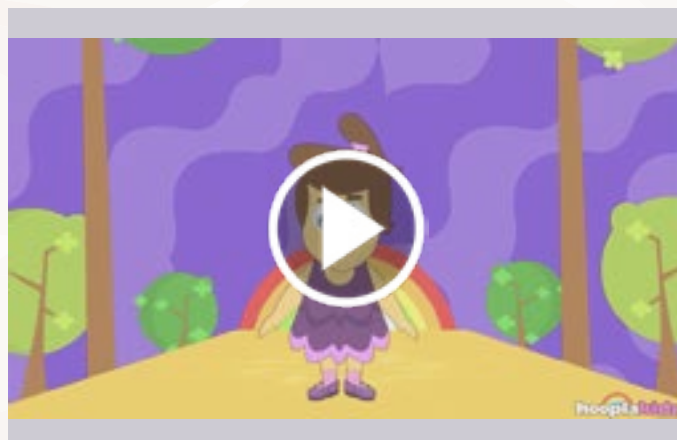
Consider giving your child access to musical instruments (nothing fancy) even wooden spoons and pots and pans? Toddlers can turn a few simple objects into a full-on jam session.

Try playing a game where your child dances while the music is on and then freezes when you stop the music. Keep starting and stopping the music and laugh at the funny positions you both end up in.



Dance Tracks

Try putting dancing videos on the TV and let your child join in singing and dancing. Bounce patrol



Basket Ball

Basket ball is great for coordination and mobility, soft balls and beach balls are the best pick as they are lightweight and soft.

All you need is a ball or two and a bucket, box or a pot big enough a ball can easily be placed inside.

Show your child what to do with the ball, throw it into the bucket.

Give the ball to your child and put the bucket right beside them, just far enough that they can't just place the ball inside but need to throw just a little.

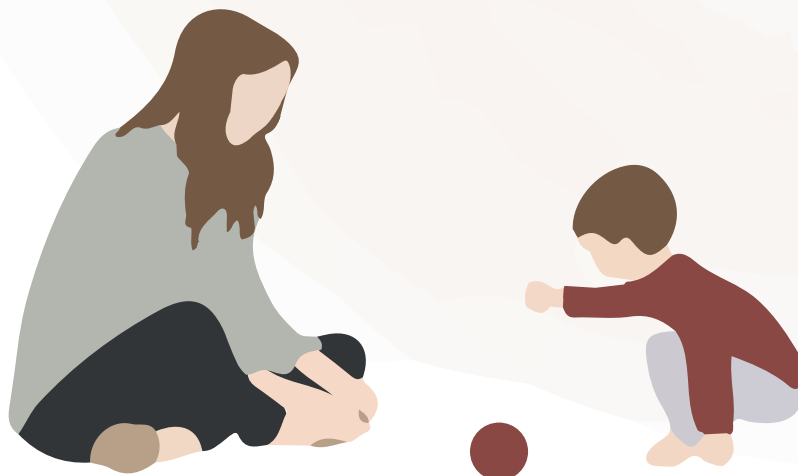
Let them explore throwing the ball and once they are confident you can start getting your child to throw the ball to you and in the bucket.

Try putting the basket in different places at different angles and heights and let your child play around.

Show them how to bounce the ball and how to pass it to people.

Maybe try bouncing the ball off the wall or down the stairs.

Let your child kick and roll the ball around, this will teach them eye to feet and hand coordination, once they are confident you can start introducing other ball sport rules.



Indoor Obstacle Course

An obstacle course is an exciting way to get your child active and will keep them occupied for hours.

Build around ten stations, each station contains a different activity, challenge, or movement that the children must complete to move forward.

As you design your obstacle course, keep in mind the age, ability, and number of children involved as well as the space you have. You can really get creative when designing station concepts and layouts. If you have stairs, consider carefully incorporating them.

You can also look around your house for everyday items you might be able to use like empty paper towel rolls, blankets, large pillows, small chairs, , jump rope, etc. Again, this is a great opportunity for you and your child to put your creative minds to work.

Make the obstacle course simple at first and change the stations as they're mastered.

Show your child how to complete the course first, you can try timing your child to how fast they can complete the course. Just beware, it can quickly turn competitive.

Get Active Lucky Dip

Use these cards to create a lucky dip for your child, cut them out, fold them up and put them in a hat to pick from. Your child will love picking out activities to do, keeping them active and engaged. Think of your own and add them to the pick!

Star Jumps

Hop on the
Spot

Jump in
and out of a
hoop

Full Turn

High Knee
Walk

Skipping

Throw and
Catch Ball

Crouch
Down,
Stretch up

Touch head,
shoulders,
knees & toes

Run on the
Spot

Paper Airplanes

There are so many ways to make paper airplanes at home. It helps with your child's throwing and coordination

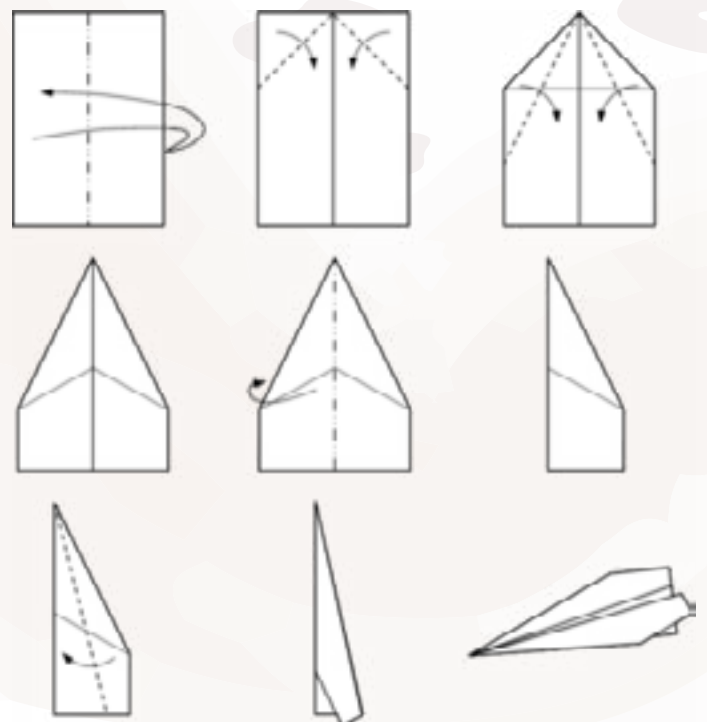
Let your child design their own paper airplane, use crayons, pens or paint to make exciting colourful planes.

Throw them inside or outside and see how high they can fly, how far they can fly, or if your child can throw them through an object such as a hula hoop.

Let your child run around with their paper airplane, have fun with it do some loop the loop and tricks with it.

See who can throw their plane the furthest, try throwing it whilst standing on a sofa or bed, maybe try throwing it down the stairs.

Ask your child where their plane is going, who is on board?



Balloon Batting

This activity develops hand - eye coordination and timing, it keeps them active and engaged and helps them develop sports skills. By using a balloon and a wrapping paper tube, you can help your child get the hand of swinging and hitting.

Inflate the balloon until it is relatively hard.

Show your child how to hit the balloon around the room with the cardboard tube.

Allow your toddler to have fun hitting the balloon around the room in any manner they like.

If you have two cardboard tubes, try to take turns hitting the balloon to each other while keeping the balloon in the air.

Bathtub Swimming

This activity develops leg coordination, strength and gross motor control in the lower body. These skills transfer to sports and activities that involve swimming or simply kicking objects.

Never leave your child alone in the bathtub.
Always check the temperature of the bathtub water before allowing your child to get in.

Fill your bath up more than usual, add bubbles if you like, remove items from near the bathtub if you do not want them wet.

Have your toddler kick as they sit or recline in the bathtub. (Support their head if necessary.)

Encourage your child to splash in the water by kicking their legs and pointing their toes.

Ask your child just to kick their right leg then their left leg.

Encourage your toddler to splash with their hands by pushing the water with their hands as paddles.

Encourage your child to put their face in the water by asking them to "kiss the water!" and providing support when they do so.

Make sure you let your child know that you are going to pour water by saying "1,2,3..." or "OK, here we go!" and pour water over your child's head so that it runs over their face. This will help your child get used to the feeling of being underwater and practice breath.

Make sure to respond with excitement and praise!

Bowling

Bowling is great for hand-eye coordination and balance, it teaches your child sportsman ship and patience, its an easy game to set up at home. It also involves counting and throwing

Collect a few empty bottles and fill the bottoms with 2 cm of water to weigh them down.

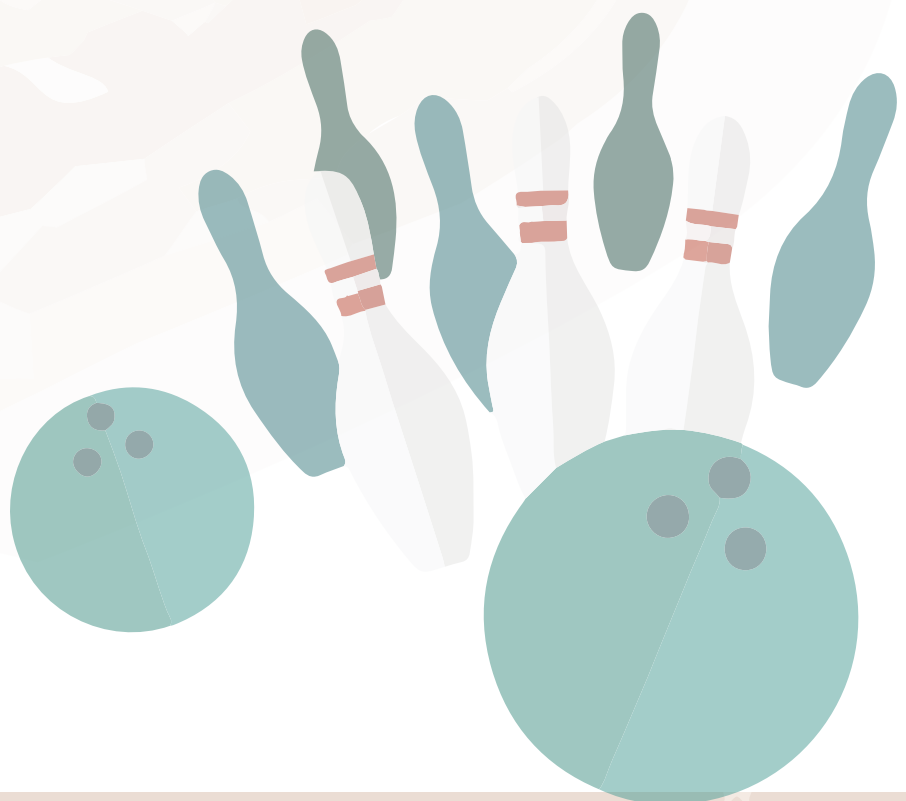
Set up the bottles as bowling targets in your garden or inside a large room without breakable objects.

Show your child how to do a basic bowling action.

If you are bowling right-handed, your left leg should step forward as you bowl. If you are bowling left-handed, your right leg should step forward.

Take turns bowling and trying to knock down the plastic bottles.

Ask your child how many bottles they knocked over and how many are left standing.





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