

# TEN TOP TIPS FOR MOVEMENT - PRE-SCHOOL

AGE  
**3-5**  
PRE-SCHOOL

**GREATER MANCHESTER**  
DOING THINGS DIFFERENTLY FOR OUR CHILDREN & YOUNG PEOPLE

Pre-schoolers want to be active, they have lots of energy to burn and they need to experience all kinds of different movement. Below gives you things you can do as part of your normal routine in your home and outdoors.

**1**

**Move with me.** I love music especially if I can move to it with you. Try different party games like musical statues.

**2**

**Challenge me.** I like to be the best and the fastest. Set me challenges against the clock, or get me to make my own obstacle course using my favourite moves.

**3**

**Kick, strike and hit.** Give me different objects to kick with my feet and strike with my hands.

**4**

**Help me do things by myself.** Let me have a go at making my bed, putting my socks and shoes on and putting my coat or jumper on.

**5**

**Encourage me to move more when we are at home.** I love going on adventures and the best bit is that I can explore, climb and crawl without even leaving the house.

**6**

**Both sides of my body.** Help me use both sides of my body at the same time. An easy way to get me to do this is with head, shoulders, knees and toes, or Simon Says and get me to copy your movements.

**7**

**Let me take risks.** I'm getting braver when I'm moving, I may want to climb higher or run faster, this is okay as long as you keep an eye on me.

**8**

**Balancing.** Try making a balancing path for me to follow, see if I can do it without stepping off, make it shorter or longer, or send it in different directions.

**9**

**Help me make my arms strong, this will help me learn to write.** Throwing different objects helps me master hand eye coordination and make my arms strong.

**10**

**Help me sit in different positions.** I will copy you if you do it first.

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



The Ten Tips for Movement are part of Greater Manchester's work to give every child the best start in life. Find out more by visiting: [greatermanchester-ca.gov.uk](http://greatermanchester-ca.gov.uk)