



Physical Development

Here are some suggestions for Physical development that you can use or adapt depending on the resources and facilities your setting has.

Ride a Bike

Using a tricycle, a balance bike, a bike with training wheels, or a two-wheeler, children to cycle around on a course set up using masking tape/chalk to mark out a route, use other resources such as hoops, milk crates and cones to add other features such as roundabouts and buildings. Road signs can be made using the printable resources from Twinkl.

Contact your local Sustrans officer who may be able to support with workshops on balance bike training.

Skills developed: Balance



Paper Airplanes

There are so many ways to make a simple paper airplane. In small groups, adult led make a paper airplane. Have some already prepared just in case needed. Throw them inside or outside and see how high they can fly, how far they can fly, or if they can throw them through an object such as a hula hoop.

Skills developed: Throwing



Helicopter

This will need to be done in small groups and adult led. Turn a jump rope around in a circle low to the ground while children jump over it without touching it.

Skills developed: jumping, agility



Skating

This would need to be on a one to one led activity to give a child the opportunity to try skating. Children's skates, helmet and safety pads should be worn and adult support given at all times.

Skills developed: agility, balance, coordination

Action Songs

Sing together or find recordings of songs that have kids moving their bodies in different ways

The Wheels on the Bus

Five Little Men in a Flying Saucer

Down at the Station

Row, Row, Row Your Boat

A Sailor Went to Sea

This Is The Way We Cross The Road

Simon Says

One person is the leader and calls out the actions. Everyone else must follow the leader and do the action, but only when Simon says. For example, Simon says, touch your toes. Everyone must touch their toes.

Then the leader has to try and get everyone to do an action without saying Simon says. If someone does the action and the leader did not say Simon says, that person is out of the game. For example, if the leader says just "touch your toes" and someone touches their toes, they are out of the game.

The leader can try to make things more difficult by speeding up the pace of calling out the actions.

Keep the actions travel related – fly like a plane, ride a bike, go for a walk , cross the road safely etc.

Sand Play

Fill the box with sand toys that encourage manipulation. Use lots of wheeled toys, lorries, tipper trucks etc

Water Play



Ocean Small World

Setting up some ocean themed water play can be as simple as adding some plastic sea creatures to the water table or bath.

You can get more elaborate by adding extras such as sand on the bottom, some rocks, and 'seaweed' made from leaves or cellophane. Another fun twist on this idea is to add plastic sieves or small aquarium nets to scoop out and catch the fish. This will encourage children to explore ideas of what is under the water whilst sailing their boats and ships on top of the water.

Modeshift STARS

Modeshift STARS is a national schools award scheme to recognise schools that have demonstrated excellence in supporting cycling, walking and other forms of sustainable travel. Please click on the link below to find out about Modeshift STARS: myjourneyhampshire.com/modeshiftstars

My Journey Event Calendar

My Journey has a number of events and competitions for Early Years settings to take part in throughout the year. To find out more visit myjourneyhampshire.com/early-years-events,

You may also like to sign up to our newsletter to keep up to date with My Journey news, events and resources, please sign up at myjourneyhampshire.com/newsletter-sign-up.