

Activities for Pre-School Children (‘Jelly Jumpers’)

Introduction

- © The following activities aim to help your pre-school aged child get stronger and develop their gross motor skills as they progress through childhood.

Bridging

Ask me to lie on my back with my legs bent up like in the picture

- From this position I can make a bridge by lifting my bottom up
- See how many balls or car you can push under the bridge or count to see how long I can hold it
- See if I can hold the bridge for longer or if I can do this exercise more times as I get stronger
- Make sure you keep a record of what I can do!



Squatting

Play games where I need to bend my knees to squat to the floor and stand back up again. e.g squatting to pick up dressing up clothes or to roll a ball to some skittles.

- This will help to strengthen the muscles at the front of my legs to help my walking, running , balance and stepping up.
- Don't let me hold onto the floor or my legs as I stand up as this is cheating!!



Hungry Monsters/Clams



Lie on your side on the floor. Bend your knees up towards your chest and put one foot on top of the other. Your feet should stay 'stuck' together.

Keep your bottom leg on the floor and lift your top knee up towards the ceiling to open the monster's mouth and hold for 3 seconds.

Feed the monster with balls/toy food or other yummy things before slowly closing his mouth by lowering your knee.

Make sure you do not rock backwards, sometimes it helps to do this against a wall to stop this happening.

Start with 5 repetitions on each side and increase this as you can.



Animal Game

Ask an adult, friend or sibling to call out either bear, flamingo, crab, giraffe, hedgehog or beetle. Get into the position as quickly as possible and see if you can hold it/walk like it until the next animal is called out.



Bear:

Place your hands and feet on the floor and push your bottom in the air. See if you can walk forwards like this!



Flamingo:

Stand on one leg with your arms out to the side for balance. Try the other leg if you can!

Animal Game 2



Crab:

Sit on the floor on your bottom with your feet flat on the floor. Put your hands behind you and push your bottom up. See if you can move forwards/backwards/sideways in this position!



Giraffe:

Make yourself tall like a giraffe by reaching up to the sky on your tiptoes. See if you can walk around the room like this!

Animal Game 3



Hedgehog:

Start laying on your back, curl up tightly hugging your knees. Lift your head up and tuck it in to your knees so you are in a ball.



Beetle:

Start laying on your back, stretch your legs and arms up to the sky then see if you can lift your head.

Penguin Walking

- Encourage me to walk on my heels with my toes off the ground like a penguin.
- This will help to strengthen the muscles at the front of my ankles as well as improving my balance.
- Make sure I don't bend forward at my hips as this is cheating!!



Frog Jumping

- Encourage me to squat down and then jump like a frog as high as I can, landing back down in a squat again.
- Try not to let me use my hands on the floor as this is cheating!
- This will help to strengthen the muscles in the front of my legs to help with walking, running and jumping!



Walking along a line

- Practicing walking along a straight line will help me to develop my balance, motor planning and co-ordination skills.
- Encourage me to walk with one foot in front of the other like I am on a tight rope, ensuring I put my heel down first.
- I might need to start with a wider gap to walk through and then you can make it narrower as I get better at it.



Stepping Stones

Practicing stepping stones as part of an obstacle course is a good way to challenge my balance, you can start with them close together and then move them further apart as my balance improves

- Also try getting me to stand still on a stepping stone while we play throwing and catching games, this will help me to learn to use all the little muscles in my feet and legs to balance.



Stepping over and stepping up

Stepping over low obstacles on the floor will help to develop my balance

- Stepping up will help to develop my balance and strength.



Challenging Walking Balance



- Challenge my walking by encouraging me to walk across an obstacle course of pillows, duvets, cushions and other soft/squashy objects. Let me hold your hand at first if I need to then gradually decrease the support given.

Reaching up on my knees

- In high kneeling I have to work hard to keep my balance.
- My tummy muscles and hip muscles will get stronger as I practice this.
- I can also play in this position at a low table for example doing a puzzle/craft activity.



Half Kneeling for Activities



- © Playing game with me in this position will help to strengthen my muscles around my hips and tummy.
- © And develop my control and balance.
- © Make sure my bottom stays up off the floor.
- © I can also play in this position at a low table for example doing a puzzle/craft activity.

Reaching up on my toes



- Encouraging me to reach up on my toes for objects.
- This will help develop my balance and also help strengthen my legs feet and ankles.

Soft Play and Climbing



Climbing is a great total body exercise that will help to develop my confidence and strength in my tummy arms and legs

Standing with One Leg on a Box



- Practice standing with one leg up on a box either in front and/or to the side, whilst holding on with two hands.
- Develop by holding on with one hand and doing activities with the other, and encouraging having to reach forward, and sideways for objects
- When able, gradually decrease the support and progress the exercise by performing activities with your hands e.g. throwing, balloon tapping, writing on a board.

Outdoor Fun

Obstacle course

Try creating a fun obstacle course as shown in the photo below, using things from around your garden that can be balanced on safely.



Walking on Uneven Surfaces

Walking on uneven surfaces can help develop the strength and stability in my lower leg, ankles and feet as well as improve my balance.

Practice walking up and down hills/slopes, grassy banks, on pebbles and sand.



Exploring at the park- different



Obstacle activities (weaving games)



Balancing with your help and make me stretch



Rope walking - Forwards and Sideways

Walking across wobbly surfaces will help me to develop my balance, motor planning skills and strength.



Challenging balance



Log walking



Jumping from high up 😊



Bouncing and wobbling



Climbing

Climbing activities at the park will help me to develop my confidence and balance and will strengthen my legs, arms and trunk to help with walking and running



Jumping and Landing



If any activities or recommendations within this programme cause undue pain or discomfort please **stop** and contact our team immediately.

The Child Health Service

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