

# LEAPS

learning eating active play sleep



## Non-Locomotor Fundamental Movement Skills in Small Spaces

In some Early Childhood Education and Care settings, family homes and apartments, outside space is very limited, making active play and physical activity seem difficult. However, even in these small spaces there are many ways to be active, whether they are inside or outside.

Here are some ideas for practicing non-locomotor (stability) skills in small spaces:



### Shaking, Twisting and Swaying

- Pretend to be a tree, with feet planted hard on the ground. Pretend there is wind coming through the tree – sway your body. Tell a traditional or cultural story with trees in it and have the children act it out.
- Line children up in a row and have them pass a ball to the child behind them by twisting and handing it to the person behind. Last child comes from the back of the line up to the front of the line and begins passing ball down the line again.

### Songs to sing while playing twisting, shaking games:

- “The Hokey Pokey”
- “Dingle Dangle Scarecrow”
- “The Chicken Dance”

### Stretching

- Tai Chi – the morning sun – lift hands outward and upward, with arms fully extended so their hands meet above their head
- Tai Chi- the wind blows – hands push right across the front of the body with arms fully extended to the right side indicating movement of the wind



### Balancing

- Try balancing on one foot, then do some hopping (this is practicing a locomotor skill as well) on the spot, then try using the other leg to balance then hop.
- Try balancing on one leg and closing your eyes.
- Balance on balancing beams, walking stilts, tyres or stepping stones.
- Balance on fitness balls, educator to provide support for children to sit, lay down on tummy, lay down on back

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### Songs to sing while balancing:

- “One elephant went balancing, step by step on a piece of string, he thought it was such an amazing stunt, that he called for another elephant.”
- “Teddy bear, teddy bear, turn around, teddy bear, teddy bear touch the ground. Teddy bear teddy bear show your shoe, teddy bear teddy bear that will do.”
- “Hop, hop, hop if you feel you want to, hop, hop, hop if you feel you can. Hop hop hop if you feel you want to. Hop, hop hop if you feel you can! “

### Games to play that encourage balance

- Musical statues
- Hopscotch

### References:

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