

Song

Heads & Shoulders



Heads, shoulders, knees and toes

Knees and toes

Heads, shoulders, knees and toes

Knees and toes

Eyes and ears and mouth and nose

Heads, shoulders, knees and toes

Knees and toes.

How to make...

Target Box & Paper Balls



Paint or cover a box in coloured contact.

Cut out a section on one side that is large enough to throw small balls or bean bags in.

Activities

Throwing, Catching, Kicking

1. Throw bean bags, rolled up socks or balls into a laundry basket; every time preschoolers miss, move them one step closer to the basket, or every time they get one in, move them one step further away.
2. Kick a ball into skittles. Use empty juice bottles, water bottles or milk containers partially filled with water.

Throwing, catching and kicking are difficult manipulative skills to master. Children need lots of practice with different sized balls or similar items. The younger the child, the bigger the ball needs to be. Start with softer balls and progress to harder balls.

Research tells us that young children need to be active everyday.

Physical play helps children be active and it develops their basic movement skills.

To find out more about be active PlayTime visit

www.recSPORT.sa.gov.au

Take every opportunity to be active.



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PlayTime
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