



# Physical Play

**A child's job is to move freely and be active every day!**

## The value of physical play

- Develops coordination skills of hands, feet and eyes
- Helps with fitness and health by exercising muscles; children learn what different body parts can do
- Learn new skills and practice old ones
- Builds vocabulary - learn new words
- Emotional release - reduce built up tension and stress, uses up energy
- Understanding concepts eg. speed, space, distance, etc.
- Social development - sharing, taking turns, interaction with other adults and children
- Opportunities to develop agility, balance, flexibility, strength and speed
- Great fun!

## Gross motor skills

Provide experiences to develop the following:

- |             |              |
|-------------|--------------|
| • Balance   | • Pushing    |
| • Bending   | • Raking     |
| • Bouncing  | • Rolling    |
| • Carrying  | • Running    |
| • Catching  | • Shaking    |
| • Climbing  | • Skipping   |
| • Crawling  | • Sliding    |
| • Curling   | • Stacking   |
| • Galloping | • Stepping   |
| • Hanging   | • Stretching |
| • Hitting   | • Swaying    |
| • Hopping   | • Sweeping   |
| • Jumping   | • Swinging   |
| • Kicking   | • Throwing   |
| • Leaping   | • Tumbling   |
| • Lifting   | • Turning    |
| • Pulling   | • Twisting   |
| • Punching  | • Walking    |





# Physical play activities for playgroup

## Balancing

Use a chalk line, masking tape or a rope strung out on the floor. As children gain skill, a wide wooden plank can be used across car tyres.

## Rolling, pushing and pulling

Boxes, barrels, trolleys, prams, bikes, wheelbarrows and small hoops all give children opportunities to explore these skills. Loose parts play is a great all-rounder, which can involve boxes, foam blocks, logs, tyres etc. Children use their imagination to build forts, towers, transport or anything that comes to mind.

## Climbing / Swinging

For large outdoor equipment, adults need to be posted at various points around the climbing frame as young children are often very unpredictable. Soft fall material should be located underneath this equipment at all times to help prevent serious injury. Inside wooden or plastic equipment can provide lots of fun - use cushions or mattresses around the equipment

## Safety

Children at playgroup range in age from 0-5 years. There is a vast range of abilities within this group. Caregivers need to be vigilant at all times to make sure toddlers don't find themselves stuck on top of a ladder or platforms with no adult assistance nearby.

