

Warm-Up



These activities help children get their muscles and brain ready to participate in the fun **MINI MOVES** activities.



Swim FISHY Swim



You're a fish, follow the shark as they swim about.

Step 1

In an open space, organise the children into pairs.

Step 2

Nominate one child in the pair as the shark and the other child as the fish.

Step 3

Tell the fish that they have to follow their shark, imitating everything their shark is instructed to do.

Step 4

Choose an action song, or link several songs together, to play throughout the warm-up.

Step 5

Call out and demonstrate instructions for the shark to follow and the fish to imitate.

Step 6

Children switch roles.

Step 7

Continue to encourage a range of movements to prepare the children's muscles.



Equipment:
Music.

Sample Instructions:

- **Swim fast** - Propel arms in circles on the spot.
- **Swim slow** - Walk slowly around the playground.
- **Catch your dinner** - Jump in the air on the spot.
- **Explore the caves** - Crawl on all fours.
- **Shark race** - Run on the spot.



In the JUNGLE



Animals in the jungle.

Step 1

Line children up and explain that they will become different animals in the jungle.

Step 2

Call out different animal names and ask children to demonstrate how that animal would move through the jungle.

Step 3

Play jungle themed music to encourage participation and movement.



Sample Animals:

- Lion
- Monkey
- Snake
- Bird
- Tiger
- Giraffe
- Hippo
- Frog

Equipment: Music.



MR Move & Little MISS Move



Who are Mr Move & Little Miss Move playing with today?

Step 1

Have children stand in a circle and explain that they are going to become Mr Move & Little Miss Move characters.

Step 2

To set the scene, begin with a short story about Mr Move & Little Miss Move.

Step 3

Introduce different Mr Move & Little Miss Move characters and ask children to perform the action of their name whilst demonstrating the movement.

Step 4

Continue game until children have performed a range of movements.



Sample Story:

Once upon a time, in a little village hidden far, far away, there lived a group of Mr & Little Miss Movers, each with their own special name. Today we meet some of these friends, and learn to move, just as they were named.

Sample Names & Instructions:

- **Mr. Slow** - Walk slowly.
- **Little Miss Rush** - March quickly on the spot.
- **Mr. Jelly** - Shake your whole body.
- **Little Miss Bounce** - Bounce around.
- **Mr. Strong** - Curl arms out and up.
- **Little Miss Small** - Crouch down into a ball.
- **Mr. Tall** - Stretch up high on tiptoes.
- **Little Miss Tickle** - Wave arms.
- **Mr. Happy** - Clap hands.

Equipment: Not required.



Move 'N' Groove



Show us how you move 'n' groove.

Step 1

Ask children to find a space in the room.



Equipment:
Music.

Step 2

Put on a fast, up beat song and ask children to move 'n' groove to a range of your commands.

Sample Commands:

- Jump ten times.
- Spin around four times.
- Twist your body back and forth two times.
- Run on the spot.
- Star jump.
- Hands up and hands down.
- Touch your (body part).
- Stand up, sit down.
- Lay down on your belly, lay on your back.

Step 3

Continue game until children have performed a range of movements.

Creeping CATERPILLAR



Be quick, bug walk from the creeping caterpillar.

Step 1

Mark a start and a finish line with cones, ten metres apart.

Step 2

Select two children to be the creeping caterpillar. Tell the pair to stand in the middle, next to each other, holding hands.

Step 3

All children have to bug walk (walking heel to toe) when they move, including the children who are the creeping caterpillar.

Step 4

On "go" children have to bug walk (walking heel to toe) from the start to the finish without being tagged by the creeping caterpillar.

Step 5

If the creeping caterpillar tags someone, they join the creeping caterpillar line to make the caterpillar's body longer.

Step 6

Continue the game until there is one child left to be tagged.

Equipment: 4 cones.

