

Healthy Movers

Choo Choo

 Photocopy me to share with parents and carers

Healthy Movers

Developing the whole child through fun physical activities in the early years

Parents/Carers

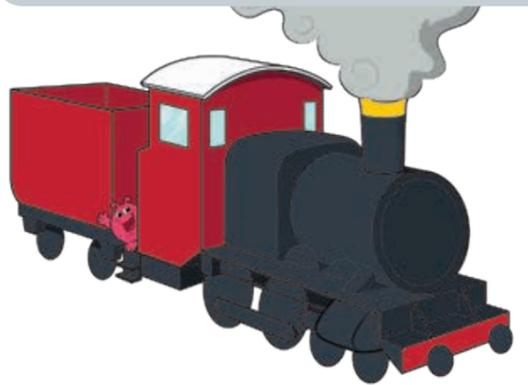
This week we are playing the Choo Choo activity: moving around in lot of different ways, marching, tiptoeing, walking, crawling etc. This helps us to develop our fundamental movement skills, which helps us to be more confident, more sociable, healthier and happier.

Ask your child to show you:

- the train actions they can make with their arms;
- the different ways they have travelled (tiptoes, marching, walking, crawling); and
- the train noises they can make.

Join in with them; children love to see adults having a go.

Encourage the children to practise this each day: repetition helps movements to become automatic.



Healthy and Happy me

This activity increases the heart rate and supports development of different ways of moving.



Social me

The Choo Choo activity helps children find space and navigate each other.



Physical me

Playing this activity provides opportunities for children to try moving in lots of different ways, directions and levels.



Creative me

The Choo Choo activity supports imaginary play.



Thinking me

This activity helps children make decisions and plan where they will travel.



Did you know?



Physical activity of all types such as rolling, grasping, shuffling, crawling, kicking or walking all help the brain to make important connections in the early years of life.

Choo Choo

Supporting: Agility and Locomotion

Skill of moving in different ways, for example crawling, rolling, stepping, walking, jogging, running, jumping, hopping, galloping, leaping, skipping, marching, tiptoeing, stomping, sliding, scampering, gliding in different directions, at different speeds and at different levels.

Try this activity once a day everyday for a week



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How to play

Introduce the Healthy Movers activity theme/topic on the card to the children. Use the image in the centre and instructions below to help you to get started.

- 1 Stand feet part, elbows tucked into the waist, arms pointing forwards, and palms facing each other.
- 2 Move arms in a piston-like action like you are a train. Once the children have the hang of this, pretend to be moving up a hill so the arms points upwards as you lean back and then pretend to go downhill, bending forwards with arms pointing downwards.
- 3 All call out 'Choo Choo!' This will help children practise their 'Ch' sounds.
- 4 Repeat the actions above a number of times, facing forwards, travelling up the hill and then down the hill.
- 5 Then slowly encourage the children to travel on the spot; first around one way and then the other.
- 6 Repeat the turning action in their space.
- 7 Now do it all to the music.

Moving on

Encourage the children to move around the play area, in and out of each other finding space. You can introduce different ways of moving i.e. marching or tiptoeing, continuing with piston-like arms.

When the children move near to another train get them to call out 'Choo Choo' and then move into a SPACE.

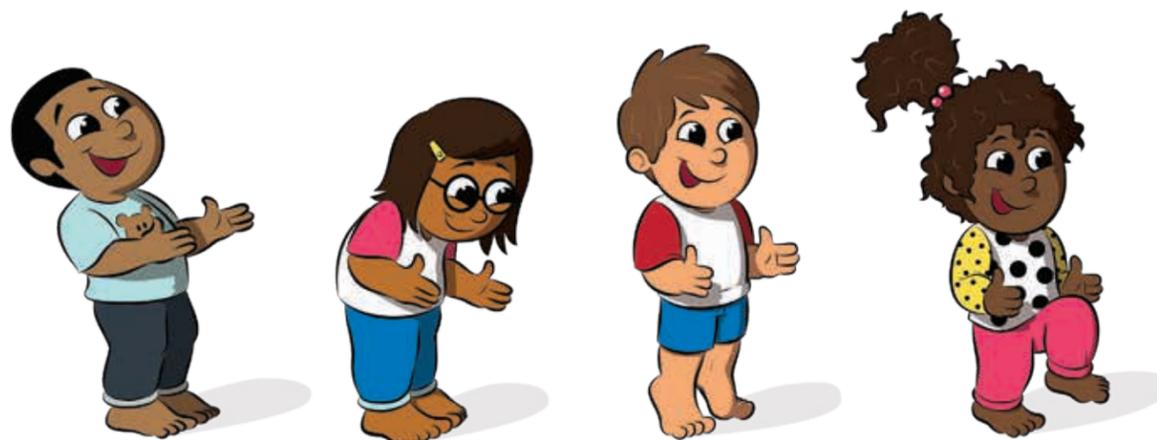
Moving on

Let the children explore the play area/room or space they are playing in. Enable them to be a train travelling around chairs, cushions, let them crawl safely under tables like they are tunnels, taking turns and cooperating.

A game to play

Stations

Place plenty of coloured pairs of markers on the ground to create stations wide enough for the children to travel through. Ask the children to travel around with piston-like arms (marching, tiptoeing, jumping or walking). Then call out a colour and the children travel to a station of that colour and pass through it. Repeat the activity so the children experience a variety of coloured stations. Children can travel in 2s, next to each other or one behind the other.



Equipment

Music, coloured markers (you can use paper plates or plastic beakers)

Key words

Uphill, downhill, forwards, backwards, on the spot

Suggested music

1) Choo Choo

Developing the whole child

This resource helps to develop the whole child, not just their physical abilities. The five areas below, highlight how the activity on this card helps the development of the whole child.



Healthy and Happy me

This activity increases the heart rate and supports development of different ways of moving.



Does your heart beat faster or slower when you run around and move about?



Social me

The Choo Choo activity helps children find space and navigate each other.



Did you take turns when crawling through tunnels or moving around chairs? Why is that a good idea?



Physical me

Playing this activity provides opportunities for children to try moving in lots of different ways, directions and levels.



How did you move around when you played this game?



Creative me

The Choo Choo activity supports imaginary play.



What other kinds of transport can you think of? What noises might they make?



Thinking me

This activity helps children make decisions and plan where they will travel.



Who followed someone else when you moved around?