

# January 12<sup>th</sup> 2021 Lockdown Resources

## Early Years

Children are born ready and eager to learn. Physical development is one of the key areas of the early year's foundation stage and is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care.

The recommended amount of physical activity for children under 5 is 180 minutes a day and should include opportunities for children to participate in active play, learn movements skills so they can master ways of controlling their bodies and coordinating their movements

### Lancashire's 5 fundamental movement skills for Under 5's!

Fundamental movement skills are the building blocks for movement that help prepare children for a participation in a wide range of school physical activities, PE and sport. Children should be given regular opportunity to play and practice these skills:

Skill & Learn Resource	Video Demonstration
<a href="#"><u>Jumping</u></a>	<a href="#"><u>Jumping Video</u></a>
<a href="#"><u>Throwing</u></a>	<a href="#"><u>Throwing Video</u></a>
<a href="#"><u>Hopping</u></a>	<a href="#"><u>Hopping Video</u></a>
<a href="#"><u>Running</u></a>	<a href="#"><u>Running Video</u></a>
<a href="#"><u>Catching</u></a>	<a href="#"><u>Catching Video</u></a>

### Online Resources to support your child to be active through play!

- [Busy Feet at Home](#): Simple skill development e.g. throwing and catching, and movement skills
- [Health Matters](#) (Live session Monday, Wednesday, Friday @ 11am)
- [Youth Sport Trust](#) Home learning resources to improve skills and have fun.
- [Hungry Little Minds](#) Activities for children of all ages. Videos, ideas and information 0-5 years.
- [Boogie Beebies](#) Videos that get younger children up and dancing with CBeebies presenters.
- [Fine Motor skills](#) (fingers/hands) - Dough Gym
- [Animal Movements](#) - (Balance, Strength, Movement skills)
- [We're Going on a Bear Hunt Active Story](#)
- [Basic movement patterns](#)- Can you copy them at home?
- [Sesame Street Monster Meditation](#)- Mindfulness exercises

