

Parry Sound District Best Start Network

Month 1: Tummy Time, Rolling and Crawling School-Aged Kids

Tummy Time

1. Scooter board Activities

a. Scatter and Freeze

- Students are to move around safely in prone on the scooter
- When the adult says "freeze" they are to stop immediately
- On "scatter" they are to begin moving again

b. Scooter Soccer

- In partners one sitting on the scooter the other pushing, try to hit a nerf ball into the net
- Try using 3 or 4 balls
- Balls may not be picked up or thrown
- Variation: using bowling pins for goals

c. Blast-off

- Lying in prone the child uses the wall to push off to see how far they can travel.

Rolling

1. Steam Roller Race

- Arrange children at the start line lying lengthwise (with 3 feet between them).
- Have the finish line at least 20 feet away
- On the go signal children roll to the finish line
- Remember the longer the course the more change of collisions
- Variation: with a shorter distance have children perform forward tumbling to the finish line or cart wheels

2. Barrel Roll

- Using the large, blue barrels purchased by Best Start, lay them on their side and have a child crawl inside, laying sideways with head at the top of the barrel

- Have other children in the group roll the child inside the barrel along a designated course; you could time children in groups to see who has the best time

3. Hot Dog Relay

- Set up relay field with the children at the start and a pylon in the middle for them to race around. For safety make sure there is ample space between the two teams
- One child on the team is rolled in a blanket like a hotdog, the other child must roll the hot dog from the start around the pylon and back to the rest of their team.
- After once through the 'pusher' becomes the hot dog and so on so everyone gets a turn being the hotdog

Crawling

1. Obstacle Course

- Create an obstacle course to have children crawl through tunnels, climb up ladders and snake through low tunnels (commando crawl)

2. Sideways Crawl

- Arrange children at the start line in the 'bear' or 'crab' walk position.
- Have them 'walk' sideways to the finish line 10-15 feet away

3. Crab Relay

- Have course set up so players are at one end and a bucket of crab food is at the other (crab food can be bean bags)
- The child will walk like a crab to the bucket, pick up the food, and crab walk back balancing the food on their tummy

4. Spider Race

- Arrange children on the start line
- Children are to walk or run while in the 'bear' position
- The course should be 30 feet (10m)
- It's always good to practice first

5. Wheelbarrow Races

- Set up the wheelbarrow course so the start line will also be the finish line
- Set up pylons that the children have to weave around and a hula hoop in the middle so the children can switch who the wheelbarrow is to race to the finish
- As the children are getting better with wheelbarrow walks set up larger obstacles to climb over not just around

References:

Canadian Child Care Federation, Canadian Institute of Child Health. (2004). Moving and growing (2nd ed.). Physical activities for twos, threes and fours. Ottawa (ON): Canadian Child Care Federation and the Canadian Institute of Child Health.

Invest in Kids Foundation. (2001). What a child will be depends on you and me: A resource kit for a child's first five years. Toronto (ON): Invest in Kids Foundation.

SPARC: Sports and Recreation New Zealand. (2008). Catching, throwing and kicking. Active Movement.