

# Parry Sound District Best Start Network

## Month 4: Upper Body Development Activities

### Preschooler

#### **Push-Ups**

Your child should be able to imitate your body when shown a push-up from the knees. Child places knees and lower legs on the floor and extends arms down to the floor at shoulder level. Tell your child that their body is a bridge and they can not let it fall into the water (down to the floor). Tell your child to bend their elbows to lower the bridge and then slowly push back to raise the bridge once again. How many times can your child lower and raise the bridge?

#### **Hanging and Swinging**

On the playground, if available, use the monkey bars. Have the child hold onto the bars "hanging", supporting his/her waist. Pretend that he/she is a monkey and have him/her swinging back and forth transitioning between either arm like a "monkey". As your child's strength and confidence improve, reduce the amount of support you are providing, until your child is hanging all on his own.

#### **Bear Walk**

This amusing game is played by pretending that everyone is a bear. On all fours (hands and feet), everyone will be in a very comical position. Walk around the room. Many games may be incorporated into this position: bear walk tag, bear walk follow the leader, bear walk race, etc.

#### **Wheelbarrow**

Support the child's thighs as he/she walks on her hands. Make sure his/her back remains straight. For more support, if needed, hold the child closer to the waistline.

#### **Crab Walk Relay**

Feeling crabby? Start walking!!

Game is for any number of players, and should be played in an open area on a safe surface. A bean bag and an object to distinguish the endpoint are needed for materials. The crab walk is using both hands and feet in a supine position (tummy to sky) to

move. The bimanual oscillation will give both arms and legs a significant workout. The “racing” atmosphere will motivate the participants to push themselves.

1. Form two teams;
2. First two players get into the crab walk position and place a beanbag on their stomachs;
3. On the word “Go!” the two players will walk forwards with the bean bag on their stomach from the starting line to a designated end point. (5-20 meters away depending on group);
4. The bean bag must be dropped off at the endpoint line.
5. The crab walkers will race back backwards to the start line allowing the next player on his/her team to go.

### **Target Toss**

Materials: Bean bag/ball/etc., Target (hoola hoop), cone/tape.

Players will toss a bean bag or a ball at a target. Points may be awarded based on where the ball hits the wall (inside the target= 5 points, outside= 3 points). The target is hung on a wall or laid on the ground and a cone or a designated line will indicate the distance away from the target (where the line of participants throws). This distance can be determined by the care provider.

### **Prone Scooter Board Ride**

Have your child lie face down on a scooter board with arms out over the front end. Encourage your child to move around the room by using the arms to pull forward or push backward. Scatter small toys around the room for the child to collect and place in a bucket placed at one point in the room.

### **Parachute Play**

You do not need a parachute to play these types of games – you can use an old sheet that you allowed your child to paint or decorate with markers one rainy day! Have your child and a few friends stand at intervals along the parachute to engage in any number of parachute games. The longer the children have to keep the parachute moving in the air, the longer they are working their arms and shoulders – have fun!

## **This is My Right Hand**

This song is to help the child learn their right and left hands. Place a sticker or a mitt (something to identify) on the child's right hand so they can know to raise the hand with the sticker first.

*This is my right hand,*

*I raise it up high. (raise your right hand & bring it back down)*

*This is my left hand,*

*I'll touch the sky. (raise your left hand then bring it back down)*

*Right hand (raise your right and leave it up)*

*Left hand (raise your left and leave it up)*

*Whirl them around (make circles in the air with both hands then bring them down)*

*Right hand (raise your right and leave it up)*

*Left hand (raise your left and leave it up)*

*Pound, pound, pound (pound your thighs with hands)*

### References:

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Carmichael, David., Currelly, Madelaine. (1992). Movability. Ottawa (ON): Ontario Physical and Health Education Association (OPHEA).

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.

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