



# DEVELOPMENTAL BUILDING BLOCKS

## Working towards FMS

### Locomotive Skills



#### Jumping

##### Disco Time

Ask the children to bend their knees and touch the ground as they dance.

##### Popcorn

Place scrunched-up paper or soft balls on top of a parachute. The children raise their arms up above head as they make the popcorn pop.

##### Jack in the Box Jumps

Sing the song and ask the children to crouch down ready to jump out of their box.

##### Rainbow Jumps

Draw a rainbow on the ground and ask the children to see what colour they can jump to.

#### Running

##### Colour Run

Place different coloured sheets of paper around the room or yard. When you call out a colour, the children run to that colour.

##### Hide & Seek/ Tip Games

Play games such as tip or hide and seek with the children.

##### Parachute Run

One at a time, the children run from one side of the parachute to the other. As each child runs, the children lift up the parachute.

##### Hickory Dickory Dock

Draw a clock on the ground. Sing the nursery rhyme and ask the children to be mice and run up the clock.

#### Galloping

##### Donkey, Donkey, Horse

Just like the game duck, duck, goose. Instead of running, the children gallop like a horse.

##### Galloping Numbers/Colours

The children gallop to the numbers/colours you call out. Use rolled-up newspaper or small brooms so children can gallop on their horses.

##### Pony Riders

Set up a track and have the children gallop along the track like a horse.

##### Horse Go Round

The children gallop their horse around the yard. Use rolled-up newspaper or small brooms as horses.

#### Hopping

##### Egg Hunt

Place balls around the yard. The children hop on two feet to collect the eggs and bring them back to the nest. Make it harder and encourage them to hop on one foot, changing feet every four hops.

##### Hopscotch

Draw a hopscotch court on the ground. The children hop through the court.

##### Bunny Races

Set up a course and have a race with the children. See who can hop like a bunny to the end of the course.

##### Hoop Count

Place hoops around the room and play music. The children hop around the room, changing legs every few hops. When the music stops, the children must find a hoop to stand in.

#### Leaping

##### Frog Leaps

Draw lily pads on the ground. Children leap from lily pad to lily pad. Repeat.

##### Follow the Leader

The children follow you around the yard. Tell them you are leaping over sleeping lions and you don't want to wake the lions.

*\*Play this game with other skills e.g. jumping, running, hopping*

##### Leaping Jack

Draw a candle stick on the ground. When you sing the nursery rhyme *Jack be nibble, Jack be quick, Jack LEAP over the candle stick*, the children leap over the candle stick.

##### Crocodile Pond

Draw a pond on the ground. The children leap from one side to the other without falling in the pond.



#### Side-Sliding

##### Side-Slide Course

Set up a course around the yard using chalk or tape. The children follow you side-sliding around the course.

##### Ring a Ring Rosey

Holding hands or a parachute, side-slide in a circle singing the nursery rhyme.

##### Fish, Fish, Crab

*(similar to Duck, Duck, Goose)*

A child swims like a fish around the circle. When they say *crab*, both children walk like a crab around the circle (side-stepping).

##### Sliding Song

Play the *Sliding* song on the Munch & Move CD and follow the actions with the children.

#### Skipping

##### Skipping Stones

Set up a line of dots. Have a longer distance between every second dot. Children take a long step and then a short step. Repeat.

##### Musical Spots

*(Similar to musical chairs)*

Set up a circle of chairs or cushions. Play a Munch & Move song with the children skipping around the chairs. When the music stops, the children find a seat to sit on.

##### Jack & Jill

Sing and act out the nursery rhyme with the children, replacing the word *went* with *skipped*.

