

*AN ICSSPE RESOURCE TO GUIDE THE DEVELOPMENT  
OF  
ACTIVE AND HEALTHY CHILDREN*

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International Association of Physical Education and Sport for Girls and Women (IAPESGW)

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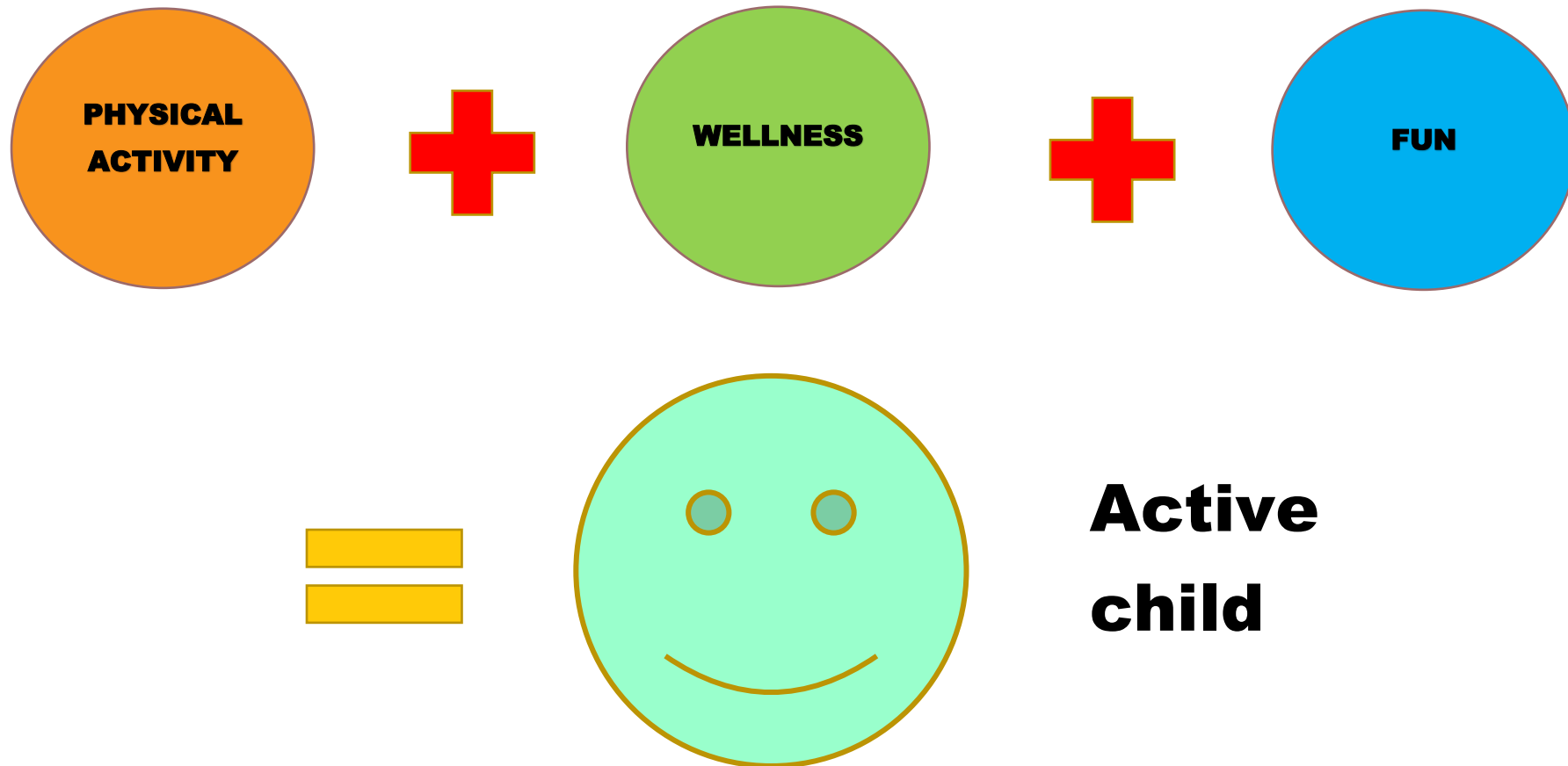
# INTRODUCTION

**Childhood is the time to begin the development of active and healthy lifestyles. This resource is designed to assist those responsible in communities for children ages, 3 to 6, in the planning and presenting of activities that are developmentally appropriate.**

**The development of motor skills in children between the ages of 3 and 6 gives children the skills needed to stay active and healthy throughout life. Wellness and fun activities contribute to a strong foundation for lifelong recreational pursuits.**

**This resource is intended to serve community providers and care givers with basic components and examples of physical literacy, wellness and recreation skills. The resource is designed for child minders and providers who do not have formal qualifications in physical education or sport. As providers get more skilled, sessions can be enriched with activities from their own immediate community context and experience.**

# THIS RESOURCE APPROACHES THE DEVELOPMENT OF ACTIVE AND HEALTHY CHILDREN BY INTEGRATING THREE ELEMENTS:





## **PHYSICAL ACTIVITY**

**Warm-up activities**

**Basic movement skills**

- **Locomotor skills**
- **Skills with objects**
- **Skills without objects**

**Practice**

**Games**

**Rhythm and Dance**

## **WELLNESS**

**Healthy habits**

**Heart helpers**

- **Huff-puff activities**
- **1-2 minutes non-stop physical activities**

**Life skills**

**Muscle strength**

- **Pulling**
- **Pushing**
- **Lifting**
- **Carrying**

## **FUN**

**Drawing / Sculpting**

**Painting**

**Singing**

**Dancing**

**Playing**

**Indigenous/cultural games**

# **CATEGORIES OF BASIC MOVEMENT SKILLS**

## **LOCOMOTOR SKILLS**

Walk  
Run  
March  
Jump  
Hop  
Skip  
Gallop  
Slide  
Leap




## **SKILLS WITHOUT OBJECTS**




Turn  
Twist  
Roll  
Balance  
Transfer weight  
Stretch  
Curl


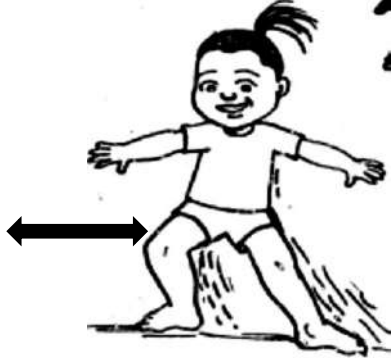

## **SKILLS WITH OBJECTS**

Throw  
Catch/collect  
Kick  
Punt  
Dribble  
Volley  
Strike with short-handled object e.g. plastic bottle, paddle.  
Strike with long-handled object e.g. stick, bat, racquet, club.

## EXPLAINING BASIC LOCOMOTOR SKILLS

Walk		<p>One foot moving forward, heel-toe before toe pushes off ground.  Other foot moves forward, heel-toe.  Both feet are in contact with ground.  Swinging arms in opposition to feet</p>
March		<p>Walk.  With each step, raise each knee as high as possible.  Swing arms in opposition with feet like in walking.</p>
Run		<p>Fast walk.  One foot in contact with ground at a time  Swing arms like in walking.</p>

<b>Jump</b>		<p>Take off from both feet. Land on both feet.</p>
<b>Hop</b>		<p>Take off from one/both feet. Land on same foot/feet.</p>
<b>Skip</b>		<p>Step-hop-step-hop quickly.</p>

<b>Gallop</b>		<p>Going forward quickly: Step-close-step-close.</p>
<b>Slide</b>		<p>Going sideways quickly: step-close-step-close</p>
<b>Leap</b>		<p>Take off from one foot. Land on the other foot. Move forward.</p>

# SPACE AND EFFORT

Basic locomotor concepts take place in different spaces and involves levels of effort. Activities can be adapted by varying space and effort.

## SPACES

(Where children move)

- Location  
Self  
General
- Directions  
Up/down  
Forward/backward  
Right/left  
Diagonal
- Levels  
Low/medium/high
- Paths  
Straight/curved/zig zag
- Extensions  
Large/small  
Far/near

## EFFORT

(How children move)

- Time  
Fast/medium/slow  
Sustained/sudden
- Force  
Strong/light
- Flow  
Structured/free

## CHOOSING AGE-APPROPRIATE ACTIVITIES

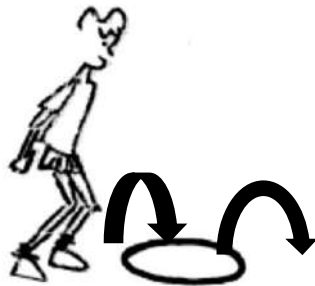
Children develop differently. Use the table below only as a guideline to choose age-appropriate activities.

Age 3	Age 4	Age 5	Age 6
Run Jump hop	Climb stairs Jump hop higher	Go up and down stairs Running faster Skip Gallop	Run faster Slide Play sport games
Throw-catch with large balls Create things with hands Hand preference develops	Throw-catch improve in speed and accuracy Kick large ball Use crayons; copy shapes	Add spins to throws Create shapes	Tumbling Dance Rhythms Printing letters and numbers



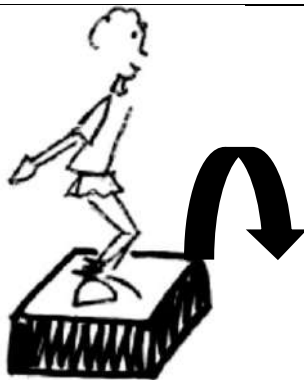
## VARIATIONS ON JUMPING

1



Jump into and out of a hoop forward and backward.

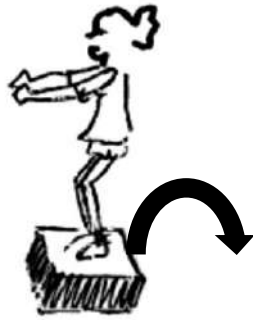
2



Jump off forwards from a safe age-appropriate height.



**3**



**Jump off backwards from a safe age-appropriate height.**

**4**



**Play “hopscotch” or similar hopping and jumping games.**

**5**



**Jump rope.**

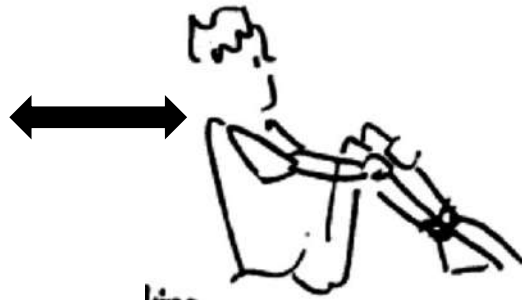
## VARIATIONS ON ROLLING WITH BODY

1



Roll to the side – left and right.

2



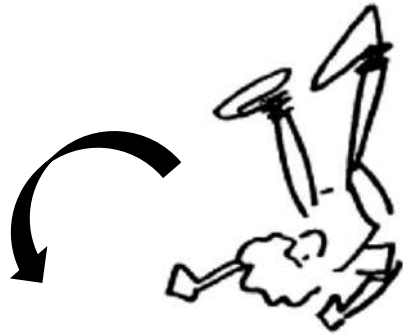
Rock forward and backward.  
Hold knees.

**3**





**Roll forward on safe surface.**

**4**



**Roll backward on safe surface.**

## VARIATIONS ON BALANCING

Balancing beam options	
Balancing board	

1



**Balance on wide bases.**



**Use all body parts.**



2



**Balance body on narrow bases.**

**Take one or more body parts off the ground.**

3		<b>Sit and keep balance on a balance board.</b>
4		<b>Stand and keep balance on a balance board.</b>

5		Balance on tummy using a balance board.
6		Balance on knees on a balance board.

**7**



**Walk forward on a balance beam.**

**8**



**Jump off forward from balance beam onto a safe surface.**



**9**



**Walk backward on  
balance beam.**

**10**



**Walk sideways on balance  
beam with help.**

# BASIC MOVEMENT SKILLS WITH OBJECTS

## ROLLING AND STOPPING

1



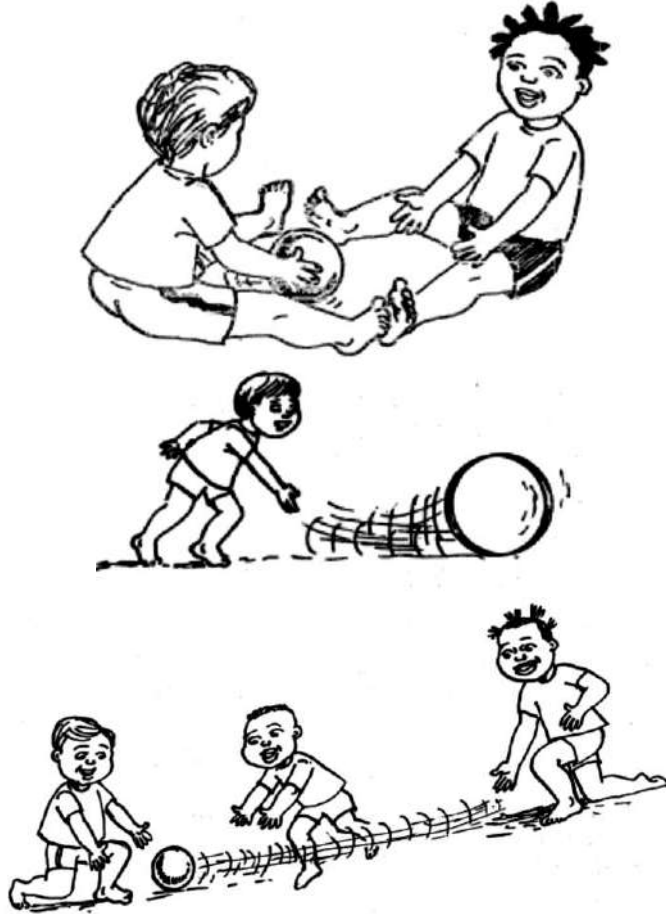
Roll a ball.

2



Stop a ball.

3



Roll a ball to someone.

# THROWING

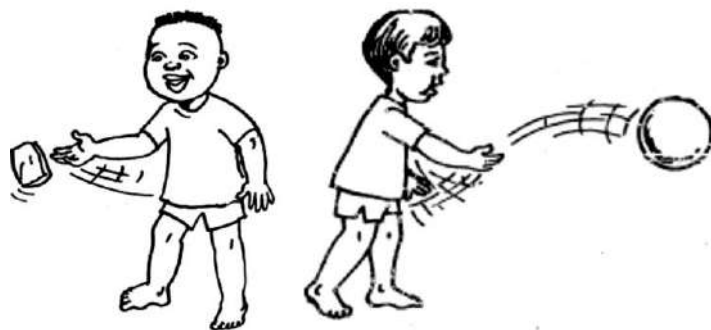
1



Throw a light, big ball or a scarf in the air.

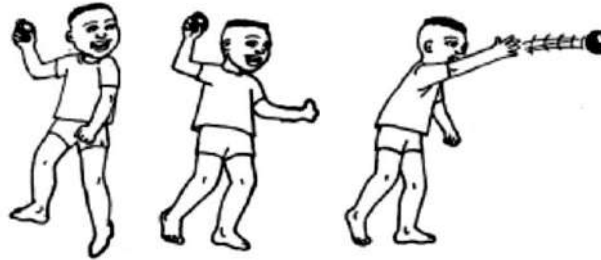
Use both hands.

2



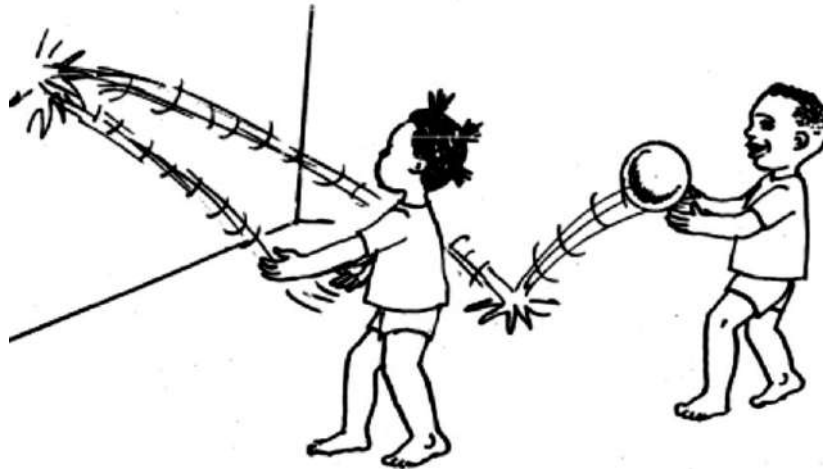
Throw a ball or bean bag underhand.

**3**



**Throw a ball overhand.**  
Hold ball in fingers of preferred hand.  
Opposite foot forward.  
Bend elbow and throw from behind head.  
Arm follows through.

**4**



**Throw ball underhand or overhand against a wall.**

5



Underhand target throw.

6





Overhand target throw

7

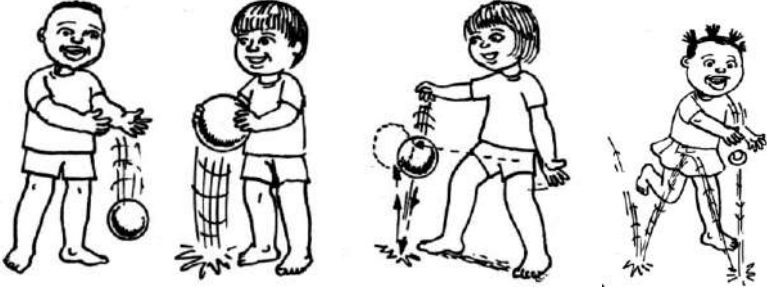



Throw across the body.

# BOUNCING AND CATCHING

1	 A black and white line drawing of a child standing with arms outstretched, throwing a light scarf into the air. The scarf is depicted as a cloud-like shape above the child's head.	<p>Throw and catch a light scarf with both hands.</p>
2	 A black and white line drawing showing three sequential stages of a child catching a bean bag or ball. In the first stage, the child is reaching out with both hands towards the object. In the second stage, the child's hands are closer to the object. In the third stage, the child has successfully caught the object with both hands, bending their elbows.	<p>Basic two-hand catching.</p> <p>Catch a bean bag or ball with both hands.</p> <p>Bend elbows when catching.</p> <p>Keep your eye on the ball.</p>



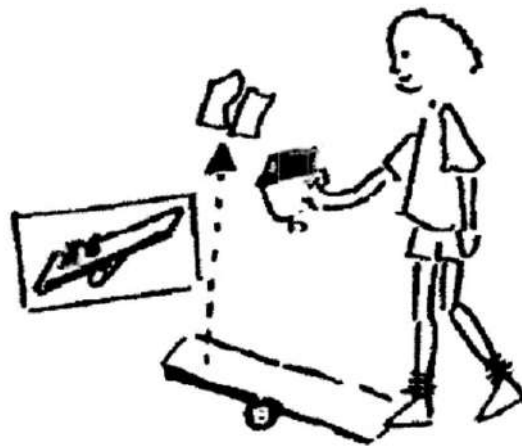
<p><b>3</b></p>		<p><b>Start with two hands.</b></p> <p><b>Bounce a ball with two hands.</b></p> <p><b>Progress to bouncing with one hand.</b></p> <p><b>Progress from big balls to smaller balls</b></p>
<p><b>4</b></p>		<p><b>Bounce and catch a light, big ball.</b></p> <p><b>Catch with both hands.</b></p>

**5**



**Catch a bean bag launched from a launch board.**

**6**



**Catch bean bags in a scoop.**

# VOLLEYING

1



Volley with two hands.  
Progress from volleying with  
open palms to fists.  
Keep hands together.

2



Volley with one hand

**3**



**Use different parts of the body.**

**4**



**Use head.**

**Use light ball.**

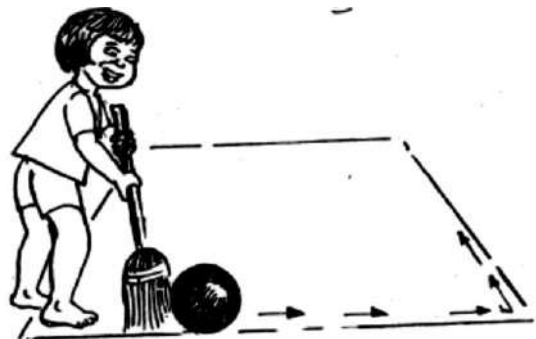
## DRIBBLING AND KICKING

1





Dribble light ball with preferred foot.  
Dribble light ball using alternate feet.  
Keep ball close to foot.  
Take small steps.  
Dribble on safe and level surface.

2



Dribble ball using an object e.g. rolled-up newspaper or stick.  
Dribble in straight line and around objects.

3		<p>Basic kicking action.  Get preferred foot in line with ball.  Kick with preferred foot.  Watch the ball.  Follow through with foot.  Use arms for balance.</p>
4		<p>Kick stationary ball.</p> <p>Use preferred and alternate foot.</p> <p>Kick slow moving ball.</p>

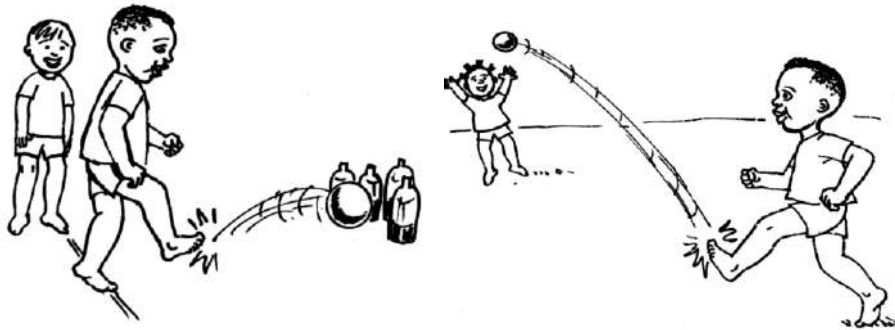
**5**



**Take a short run-up and kick ball.**

**Kick with both preferred and alternate foot.**

**6**



**Kick for distance.**

**7**



**Drop and kick ball.**

**Alternate feet.**


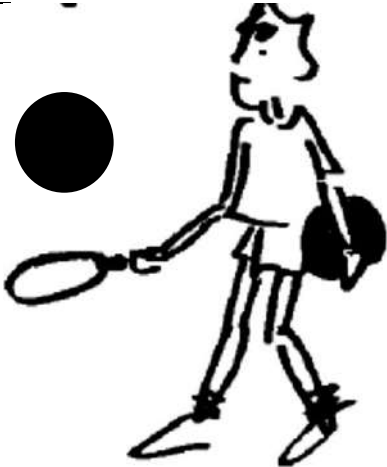
**8**



**Kick for accuracy.**



## STRIKING / HITTING

1	 A line drawing of a person in a short-sleeved shirt and shorts, holding a paddle in their right hand. They are positioned to hit a black ball that is on the ground. Their left hand is at their side.	<p>Use preferred hand. Use alternate hand. Hit stationary ball with implement e.g. paddle, racquet, stick, bat or rolled-up newspaper.</p>
2	 A line drawing of a person in a short-sleeved shirt and shorts, holding a paddle in their right hand. They are positioned to hit a black ball that is in the air. Their left hand is holding another black ball.	<p>Hit light ball or balloon up in the air.  Bounce ball on implement.</p>

3



**Hit ball off cone or tee.**

**Start with a big ball.**

**Progress to smaller ball.**

4



**Hit ball backhand using a  
paddle or short handle racquet.**

5



Drop ball and hit.

6



Drop ball, take a step and hit.  
Follow through with implement.

## EQUIPMENT

The list below provide guidelines for useful equipment. Equipment can be improvised or use objects in your immediate environment to fulfil a particular function. Ensure that whatever equipment you use, it is safe and appropriate for the age group.

Equipment	Suggestions for improvised equipment
Different sizes and weighted balls	Soccer ball sizes, tennis ball size, inflatable beach balls, plastic bags or plant material rolled-up in a round shape.
Balance beam	A rope on the ground, a line in the sand, row of bricks on a level surface
Balance blocks	Bricks, wooden blocks, flat rocks on a level, safe surface.
Bats	Sticks, empty plastic bottles, rolled-up newspaper, cardboard tubes.
Carpet squares	Cardboard or paper squares, paper plates, plastic lids.
Cones / markers	Bricks, rocks, empty bottles filled with sand, sticks planted in the ground.
Hoops	Circles drawn in sand, wire circles, hoops made of used hosepipe.
Jump ropes	Plastic ropes, braided plant material.
Paddles/bats	Empty plastic bottles, sticks.
Rhythm sticks	Broom sticks cut down to appropriate sizes.
Target boards	Targets drawn on trees, walls (mind the windows!), cardboard boxes.
Scoops	Cut-off empty plastic bottles.

## SOME IDEAS TO MAKE YOUR OWN EQUIPMENT

### **BALLS**

Socks, plant material, paper rolled in a ball in put in a plastic or mesh bag.

### **BATS/ RACKETS**

Empty plastic bottles

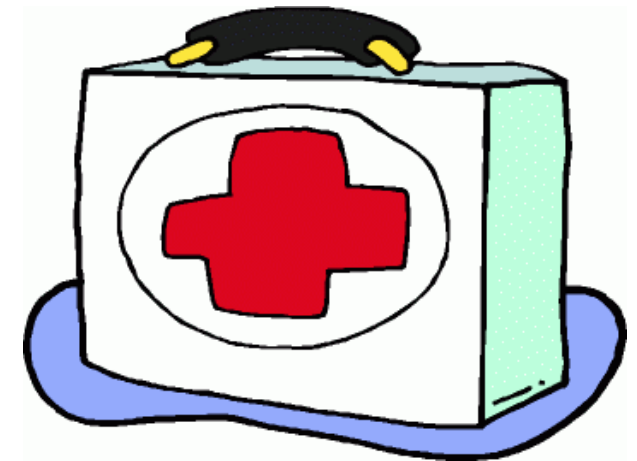
Sticks /Bamboo

Wire shaped like a racket and covered with mesh

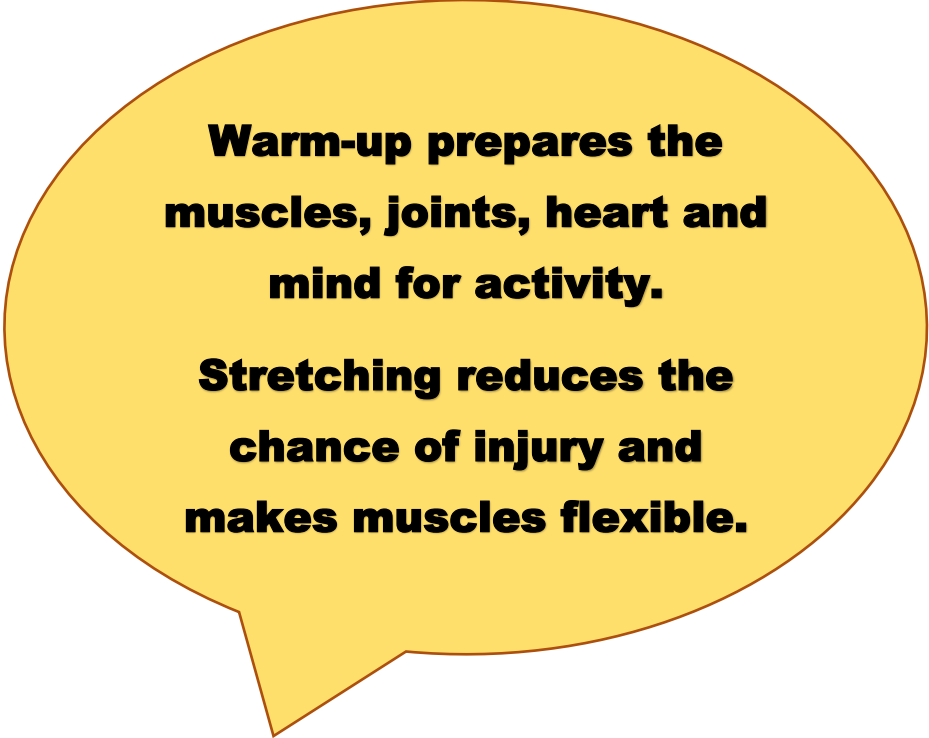
## FIRST AID KIT

A basic first aid kit is part of the equipment. Use any clean, dust and waterproof container to store supplies. Check and replace supplies regularly. Include at least the following basic supplies:

- Tissues / Kleenex / paper towels / toilet paper for cleaning and wiping
- Cotton buds for cleaning
- Bottle of clean water for cleaning
- Antiseptic fluid for cleaning
- Plasters for covering minor scrapes and cuts
- Sewing needle to remove splinters
- Tweezers for removing splinters
- Bandages for covering cuts, wounds and sprains
- Pain medication
- Latex gloves when handling blood
- Scissors for cutting bandages
- Location and/or contact number of nearest medical facility or person.



## WARM-UP AND STRETCHING

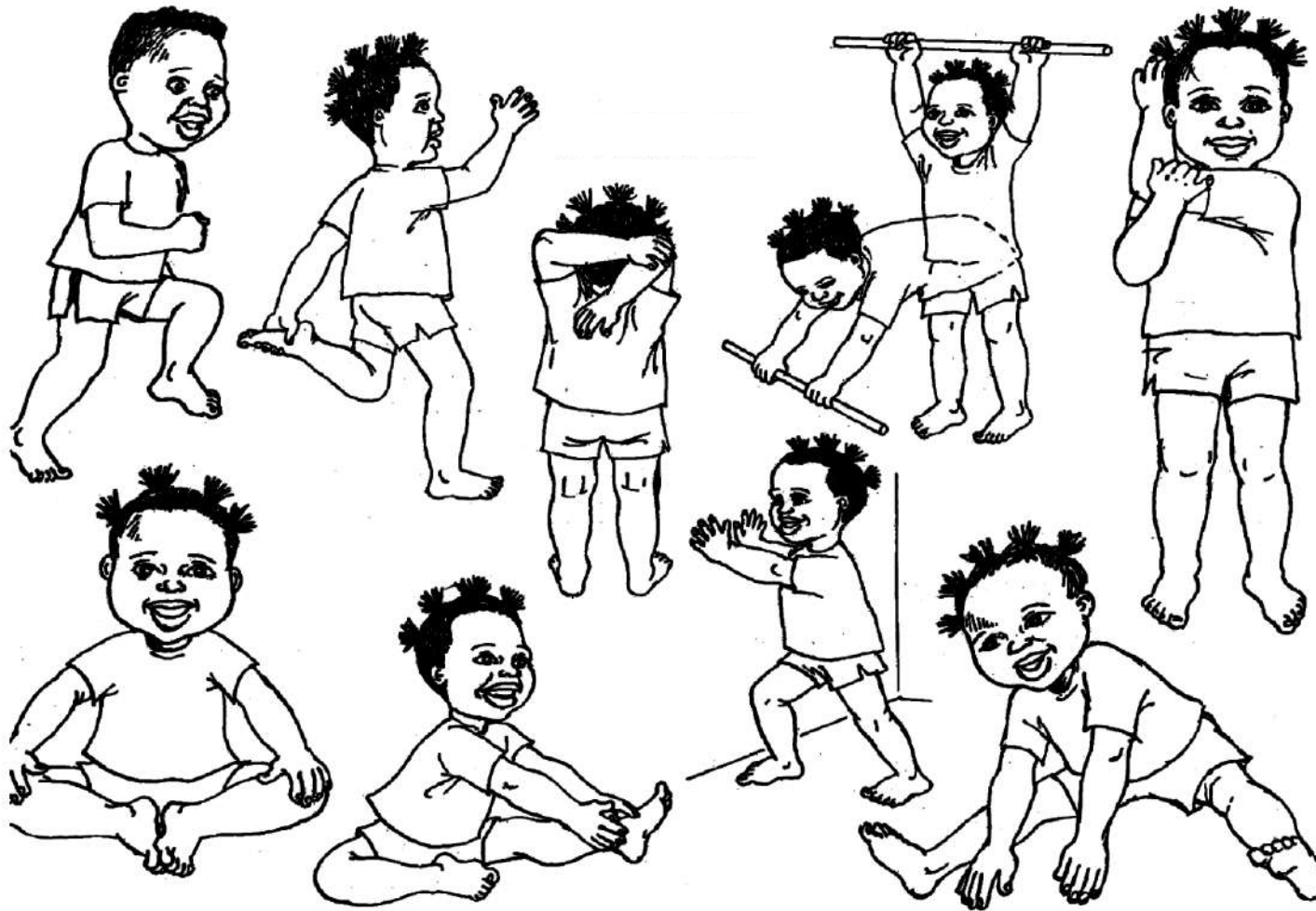


**Warm-up prepares the muscles, joints, heart and mind for activity.**

**Stretching reduces the chance of injury and makes muscles flexible.**

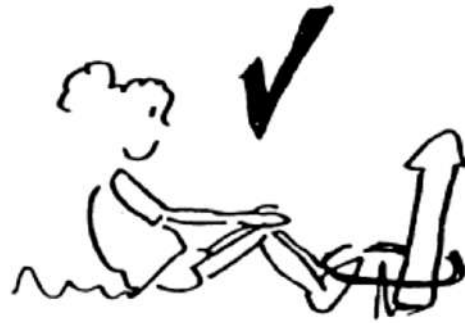
**Why warm-up and stretch?**

## SOME IDEAS FOR WARM-UP AND STRETCH

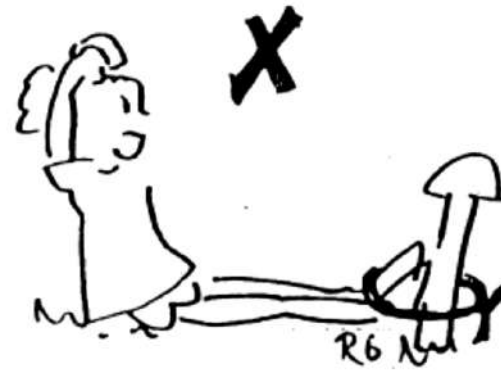




## KEEP THE FOLLOWING IN MIND WHEN WARMING UP AND STRETCHING



Bend knees when doing sit ups, raises and holds



No straight leg sit-ups, raises or holds.



**Use slow movements when stretching. Hold stretch for 5 seconds.**



**No jerky or pumping movements when stretching**



**Inhale when doing activity**

**Exhale when relaxing**



**Breathe normally.**

**Do not hold your breath**



**Rest frequently and  
drink water in high  
temperatures**



**Lower intensity of  
activities in extreme  
heat**

## **SOME IDEAS FOR FUN ACTIVITIES**

**Activities must be fun for children.**

**Encourage creativity by drawing, painting, singing, and dancing freely.**

**Allow enough time for children to work at their own speed.**

**Provide enough equipment/material so that children do not have to share.**



**Provide a safe space for children to work.**

**Show the work of the children to parents / community.**

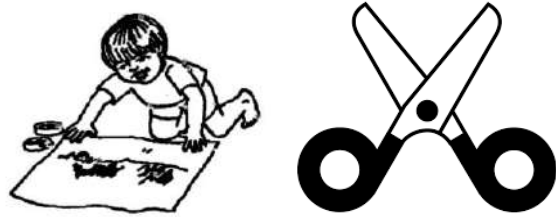
**Fun activities could include:**



## What is needed for fun activities?

Fun activity	Some ideas for materials
<p data-bbox="188 486 344 526">Drawing</p> 	<ul style="list-style-type: none"><li>• Fingers, toes, sticks, pencils, crayons, coloured pencils, chalk, charcoal, rocks,</li><li>• Different surfaces to draw on: sand, paper, dirt, cement, cardboard, seeds.</li></ul>
<p data-bbox="188 869 338 909">Painting</p> 	<ul style="list-style-type: none"><li>• Fingers, toes, palms of the hand, paint brushes, washing pegs with small sponge, used toothbrushes, feathers, straws, plant material, crumpled paper, pipe cleaners, leaves, cotton wool, pieces of rope.</li><li>• Different surfaces to paint on: paper, cardboard, rocks, stones, seeds, fabric, plastic, newspaper, tins, egg shells, sea shells.</li></ul>

### Cutting and Pasting





- Scissors (blunt-nosed), knives (under supervision of caregiver).
- Any safe, scrap material that can be pasted: pictures from magazines, leaves, cotton wool, pieces of thin rope, crushed egg shells, sea shells, seeds, pieces of metal, match sticks, feathers, straw.

### Sculpting



- Clay
- Play dough.
- Kinetic sand
- Mud
- Paper Mache
- Mulch (see recipes).



<p><b>Singing</b></p> 	<p><b>Your own voice.</b></p> <p><b>Partner's voice.</b></p> <p><b>Choir.</b></p>
<p><b>Musical instruments</b></p> 	<ul style="list-style-type: none"> <li>• Empty tins for drums, rocks and sticks for percussion, reed flutes, empty bottles to blow on, glass bottles filled to different heights to produce notes, seeds or small stones in a tin as shakers, whistles (use your mouth), washboards.</li> </ul>

### Dancing / Rhythmic activities





- Your own body, rhythm sticks, drums, musical instruments made as above.



### Playing games



- Safe, open spaces.

<p><b>Indigenous games</b></p> 	<ul style="list-style-type: none"> <li>• Each culture has indigenous games.</li> <li>• Ask an older person to teach them to the children.</li> <li>• Consult TAFISA's website to download indigenous games (<a href="http://www.tafisa.net">www.tafisa.net</a>).</li> </ul>
<p><b>Story telling</b></p> 	<ul style="list-style-type: none"> <li>• Encourage children to create and tell their own stories.</li> <li>• Use older persons in the community to tell stories to the children.</li> </ul>

## Recipes to make materials for fun activities

<b>Paint/Finger paint</b> 	<p>2 cups soap powder ¼ cup water Mix until foamy Colour with powder paint/food colouring or any safe colouring agent.</p> <p>Or</p> <p>1 cup flour 1 cup sugar 1 cup cold water 3 cups boiling water Mix flour with cold water. Add sugar and mix to a smooth paste. Add boiling water and bring to a boil. Add safe colouring.</p>
<b>Clay /play dough</b> 	<p>1 cup water 2 dessert spoons vegetable oil 2½ cups flour 1 cup salt Food colouring Mix water, oil and a little colouring. Add flour and salt Mix together</p>



Keep in air tight container

Or

2 cups flour

$\frac{3}{4}$  cup salt

6 teaspoons Cream of Tartar

2 cups water

6 teaspoons vegetable oil

Food colouring

Mix over high heat until lumpy

Let mixture cool and kneed into a ball

Keep in air tight container

If clay dries out, add a few drops of water and kneed again

### Paste/glue



2 parts flour



1 part water

Mix together

Keep in airtight container

<b>Mulch</b>	<p>Tear newspapers into small shreds</p> <p>Allow to soak in water for 3 days</p> <p>Squeeze out water (but not all water)</p> <p>Add flour or cold glue to make sticky</p> <p>Mix together</p> <p>Sculpt figures or shapes.</p> <p>Allow to dry and then paint.</p>
<b>Soap foam paint</b>	<p>Mix soap flakes/powder and water together until stiff paste</p> <p>Add safe colouring</p> <p>Paint/draw with soap paint</p>

# Ways to use fun activities

Fun activity	Some ideas to use fun activities
<p data-bbox="203 448 360 488">Drawing</p> 	<ul style="list-style-type: none"> <li>• Draw with fingers in sand or dirt.</li> <li>• Draw big pictures with chalk on a suitable surface and let all children help to colour it.</li> <li>• Trace the outlines of pictures or shapes.</li> <li>• Create a collage of pictures drawn by children.</li> <li>• Draw according to a theme.</li> <li>• Encourage creative drawing.</li> </ul>
<p data-bbox="203 871 360 911">Painting</p> 	<ul style="list-style-type: none"> <li>• Make your own paint (see recipes for making paint).</li> <li>• Mix paint with a little glue and paint on paper. While still wet, sprinkle with sand, grass, seeds to create textures.</li> <li>• Put paint on paper and fold paper while paint is still wet. Open paper to discover interesting patterns.</li> <li>• Paint rocks, seeds, shells, leaves, sticks and create a collage or picture.</li> <li>• Use soap paint on any washable surface.</li> <li>• Use fingerprints, palm prints and footprints to create pictures or patterns.</li> <li>• Draw an outline with crayons and colour it with paint.</li> </ul>





- Dip different objects (e.g. grass rocks, leaves cotton buds, sliced potatoes) into paint and create patterns.
- Drop paint on paper and blow wet paint with a straw. Use different colours.
- Create stencils of shapes (e.g. circle, triangle, square, rectangle, oval, free hand shapes) from stiff paper. Use the stencil and paint over it. Create a picture.
- Dip fabric into paint and wring out to create patterns.

### Cutting and pasting



- Make your own paste/glue (see recipes for making it).
- Cut out pictures, drawings.
- Fold paper 4 times in half, draw shapes or figures on paper and cut out to create string figures.
- Paste pictures and drawings on paper, boxes or cans and create a themed-collage.
- Paste seeds, feathers, leaves, pieces of rope, crushed egg shells in creative ways.
- Let children create their own pictures as well as contribute to a group picture or collage.



<p><b>Sculpting</b></p> 	<ul style="list-style-type: none"> <li>• Make your own clay, play dough. (see recipes).</li> <li>• Allow creativity.</li> <li>• Choose a theme (e.g. my home/village/animals) and ask children to sculpt figures accordingly.</li> <li>• Paint sculpted figures.</li> <li>• Roll clay into small balls. Use a thin stick to put a hole through the ball. Paint balls. String together to make beads.</li> <li>• Flatten balls of clay and press leaves or textured objects onto the clay to create patterns.</li> <li>• Roll clay or dough into long “worms”. Roll into a circle to create baskets or place mats.</li> <li>• Sculpt animals or persons using the clay.</li> <li>• Decorate sculptures with whatever is available.</li> <li>• Complete a project using different shapes and clay textures to create a picture.</li> <li>• Make mulch to create sculptures (see recipe).</li> <li>• Use mud to create figures and shapes.</li> <li>• Use slightly wet sea sand or river sand to create sculptures.</li> <li>• Allow children to work alone and in groups.</li> </ul>
<p><b>Singing</b></p> 	<ul style="list-style-type: none"> <li>• Teach appropriate songs to children.</li> <li>• Let children create their own songs.</li> <li>• Sing alone / in groups / duets.</li> <li>• Combine movement and singing.</li> </ul>

## Musical instruments



- Create percussion instruments.
- Create rhythmic patterns.
- Allow children to create own rhythmic patterns.
- Create rhythmic patterns in groups.
- Drumming circles.
- Create an informal orchestra with homemade instruments.
- Singing with musical instruments' accompaniment.
- Fill glass containers to different heights of water. Use metal object to strike glasses lightly to create notes. Create a simple tune.
- Use bells or shakers to create tunes and rhythms.

### Dancing/Rhythmic activities



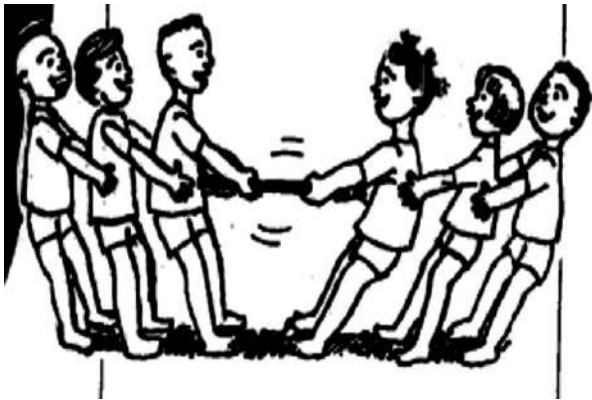
- Teach folk / cultural dances of the region.
- Use rhythm sticks and combine with dancing.
- Respect cultural norms when teaching dances.
- Encourage free forms of dancing.

### Playing games



- Passive or active games.
- Group or individual games.
- Ask children to create new active and passive games.
- Include hopping and skipping games.
- Include singing games.

### Indigenous games



- Teach and play games indigenous to your region.
- Learn and play games from other regions.

### Story telling



- Ask children to create their own stories and tell them to the group.
- Combine movement and rhythm with storytelling.
- Read age-appropriate stories to children.
- Ask elderly people in the community to share stories with group.
- Use stories to teach and reinforce life skills.
- Role-play.
- Pretend-games e.g. pretend you are a tree, elephant, mouse.

# PLANNING SESSIONS

## WHEN PLANNING SESSIONS, KEEP IN MIND.....

- Children develop at individual paces.
- Younger children prefer to play independently.
- Younger children can play with a partner amongst other children but still on their own.



- Older children can partner and play in groups.



- Progress from basic easy movements to complex movements.

Flat and broad base



Vertical



Under



Around



Through



Over



- Progress from activities near the body to activities away from the body.

Rolling near and around the  
body



Throwing



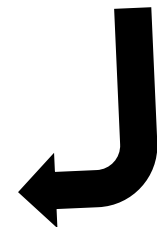
Throwing to a partner



Throwing a ball



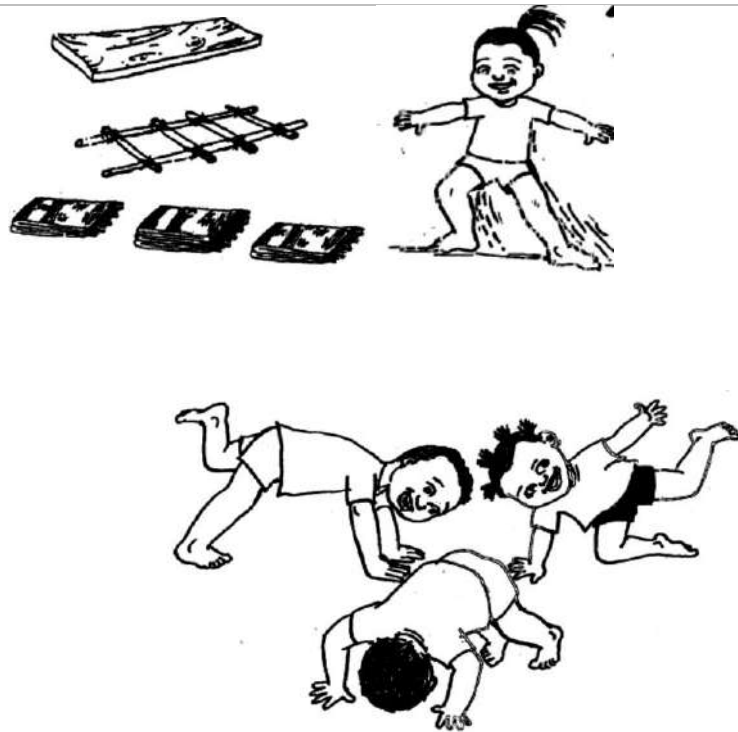
Catching a bean bag





- Progress from activities on flat and wide bases to activities on higher and narrower bases.

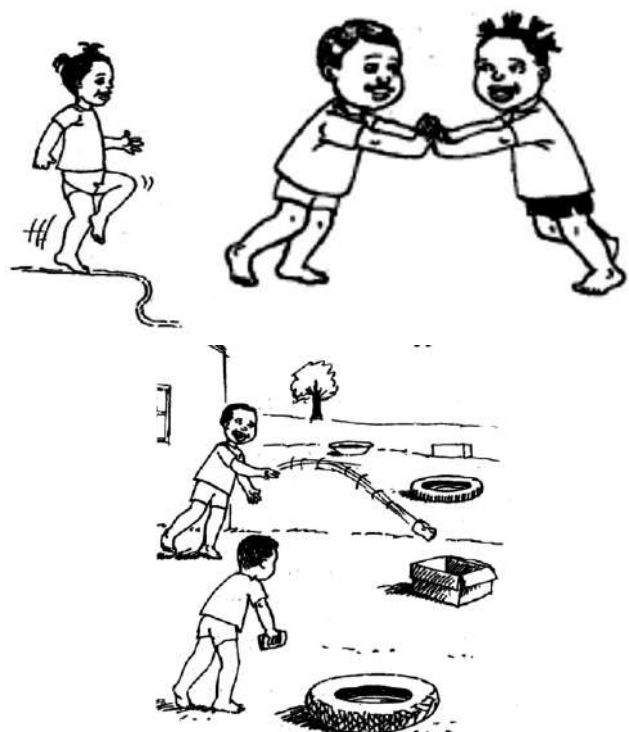
### Younger children

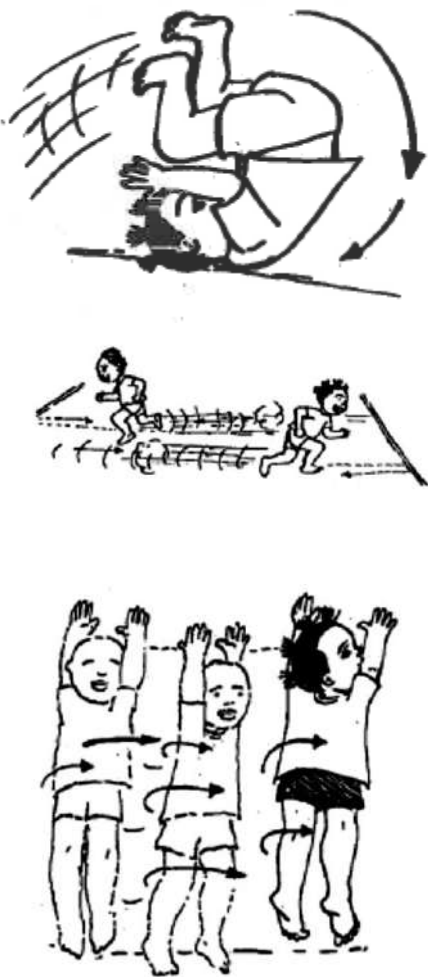



### Older children

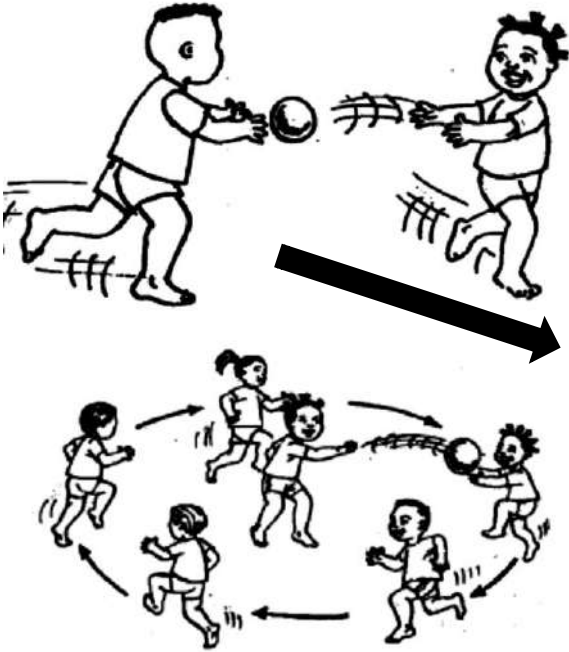


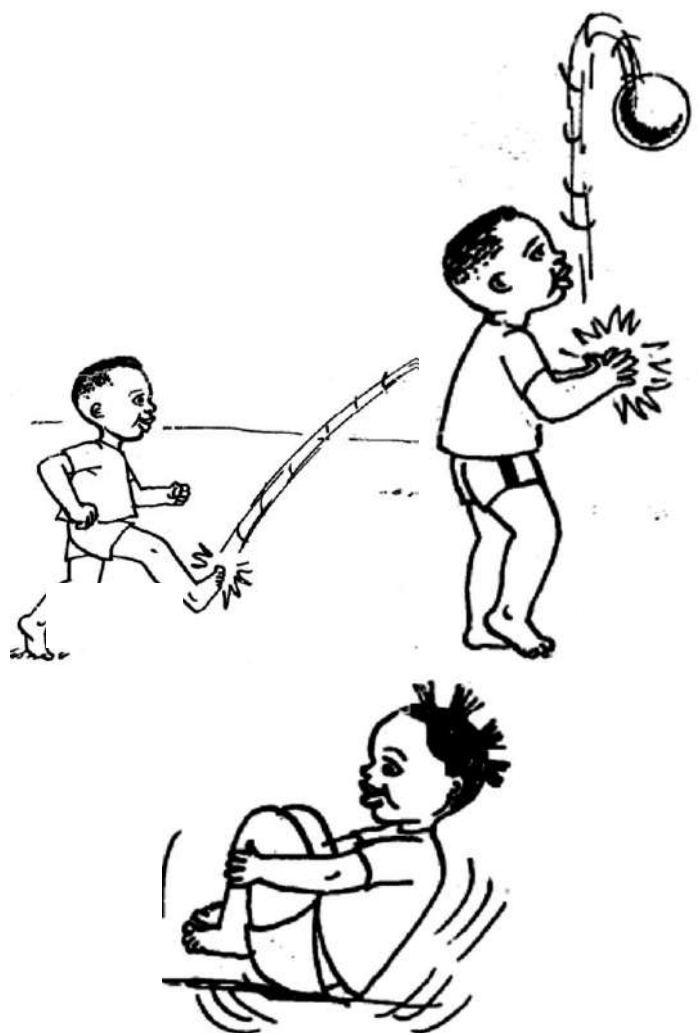
- Choose age-appropriate activities (refer to page 14 for guidelines).
- Adapt sessions by varying:


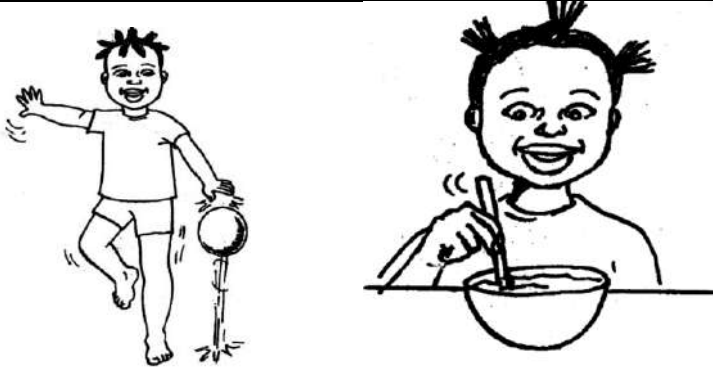
<p><b>Area</b></p>	<ul style="list-style-type: none"> <li>• In smaller spaces</li> <li>• In open spaces</li> <li>• By themselves</li> <li>• With a partner</li> <li>• In groups</li> </ul>	 <p>The illustration shows three different play scenarios. In the top left, a girl is jumping rope. In the top right, two boys are playing tag. In the bottom center, two boys are playing with a ball and tires in an open area with a tree in the background.</p>
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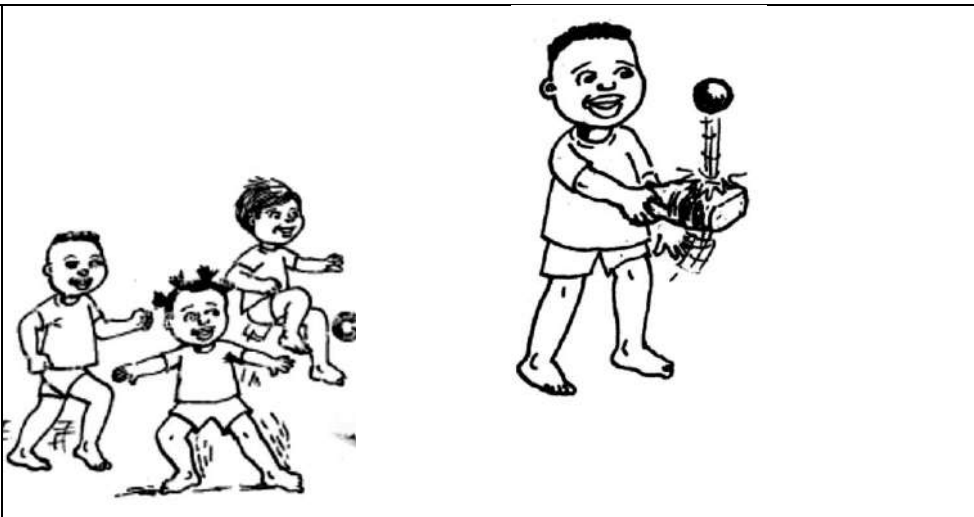
<p><b>Direction</b></p>	<ul style="list-style-type: none"> <li>• Up/down</li> <li>• Forward/backward</li> <li>• Right/left</li> <li>• Diagonal</li> <li>• Roll</li> </ul>	 <p>The first illustration shows a person in a crouched position performing a roll, with curved arrows indicating the path of movement. The second illustration shows three children running towards the right, with dashed lines and arrows indicating their forward path. The third illustration shows three children standing in a row, performing a jump, with dashed lines and arrows indicating their upward and forward movement.</p>
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<b>Levels</b>	<ul style="list-style-type: none"><li>• Close to the ground</li><li>• Middle</li><li>• Stretching up</li></ul>	
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<b>Paths</b>	<ul style="list-style-type: none"> <li>• Straight</li> <li>• Around</li> <li>• Curved</li> <li>• Circle</li> <li>• Square</li> <li>• Triangle</li> <li>• Zig-zag</li> <li>• Free</li> </ul>	 <p>The illustration is divided into two parts by a large black arrow pointing downwards. The top part shows two children running towards each other, one holding a ball, representing a straight path. The bottom part shows five children running in a circle, with arrows indicating the direction of movement, representing a circular path.</p>
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<p><b>Extensions</b></p>	<ul style="list-style-type: none"> <li>• Large</li> <li>• Small</li> <li>• Far</li> <li>• Near</li> </ul>	
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<b>Time</b>	<ul style="list-style-type: none"> <li>• Short time</li> <li>• Longer time</li> <li>• Repetitions</li> <li>• 1 session a week</li> <li>• 2 sessions a week</li> </ul>	
<b>Intensity</b>	<ul style="list-style-type: none"> <li>• High (e.g. running fast)</li> <li>• Medium (e.g. walking fast)</li> <li>• Low (e.g. painting, storytelling).</li> </ul>	

<p><b>Implements</b></p>	<ul style="list-style-type: none"> <li>• <b>With implement</b></li> <li>• <b>Without implement</b></li> </ul>	 <p>The illustration is divided into two parts. The left part shows three children playing without any implements: one child is running, another is jumping, and a third is sitting on the ground. The right part shows a single child holding a stick with a ball attached to it, representing play with an implement.</p>
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# PRESENTING SESSIONS

## **WHEN PRESENTING SESSIONS, KEEP IN MIND.....**

- **Prepare before the session.**
- **Consult the INTRODUCTION section of the resource.**
- **Get everything ready that is needed for the session.**
- **Have adequate equipment for the number of children.**
- **Choose a safe and appropriate space.**
- **Keep climate conditions in mind.**
- **Plan for age-appropriate activities and duration of the session.**
- **Allow adequate comfort breaks.**
- **Start and finish on time.**
- **Keep discipline and order to ensure safety.**
- **Treat all children equal and fair.**
- **Respect and involve all children.**
- **Encourage and praise children in positive ways.**
- **Respect cultural norms and age when grouping children.**
- **Pay attention to children's needs.**
- **Involve children in putting away equipment.**
- **Wash hands and faces after the session.**

## **DEVELOPING LIFE SKILLS**

Life skills are developed indirectly through participation in the activities.

Examples of life skills are:

<b>Taking leadership</b>	<b>Critical thinking</b>
<b>Contributing to group efforts</b>	<b>Goal setting</b>
<b>Teamwork</b>	<b>Planning and organizing</b>
<b>Self-motivation</b>	<b>Wise use of resources</b>
<b>Self-esteem</b>	<b>Keeping records</b>
<b>Self-responsibility</b>	<b>Resilience</b>
<b>Managing feelings and emotions</b>	<b>Communication</b>
<b>Self-discipline</b>	<b>Cooperation</b>
<b>Healthy lifestyle choices</b>	<b>Fitting into a society</b>
<b>Stress management</b>	<b>Resolving conflicts</b>
<b>Disease prevention</b>	<b>Accepting differences</b>
<b>Decision making</b>	<b>Concern for others</b>
<b>Problem solving</b>	<b>Empathy</b>
<b>Sharing</b>	<b>Establish and nurture relationships</b>

## DEVELOPING HEALTHY HABITS

An active and healthy lifestyle include healthy habits. Set an example and talk about it.

Examples of healthy habits are:

<b>PERSONAL HYGIENE</b>	<b>PHYSICAL EXERCISE</b>
Wash hands and body regularly and before eating	Be active on a daily basis
Brush teeth	<b>HEALTHY RELATIONSHIPS</b>
Wash clothes and bed linen	Play with your friends
Cover nose and mouth when sneezing or coughing	Help other people in the community
Keep your living environment clean	Respect other people
Store food appropriately	Laugh and smile often
<b>HEALTHY EATING AND DRINKING</b>	<b>CULTURAL HABITS</b>
Eat fresh and different kinds of food	Accept and respect your own and others' cultures
Control food portion sizes	<b>PERSONAL SAFETY</b>
Drink enough fresh and clean water daily	Respect open fires, flooded rivers, lightning, strong winds
<b>SLEEPING HABITS</b>	Tell parents or elders where you are going and when you will be back
Get enough sleep daily	Do not accept gifts or candy from strangers
Get fresh air while sleeping	Be home by dark
<b>HEALTHY LIFESTYLES</b>	<b>ENVIRONMENT</b>
Avoid drugs, smoking and alcohol. Get immunizations	Keep the environment clean
Take care of your belongings	Clean-up your living area
Good table manners	

# **SAMPLE LESSONS FOR 24 SESSIONS**



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leader</li><li>• Safe open area</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Partner</li><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Crayons</li><li>• Paper</li><li>• Any materials available (see page 52)</li></ul>

# WHAT TO DO:

## PHYSICAL ACTIVITIES

### Stretches and warm-up

What to do .....



## Walk/March

See page 10 for basic actions for walk and march



Walk forward/backward	Hold arms above head
Take normal steps	Walk on toes
Take big steps	Walk on heels
Take small steps	Walk with one eye closed
Walk slowly	Walk with other eye closed
Walk fast	Walk with both eyes closed
Walk with knees bent	Walk in a straight line
	Walk in a circle
	Walk with a partner
	Walk and clap hands
	Walk and sing a song





Repeat the above actions while marching.

## Run

See page 10 for basic running action



Repeat the walking actions while running.

Alternate walking, marching and running.





## Game




Play Follow-the-Leader.  
Combine walking, marching and running.



## Cool down and clean-up

Decrease intensity of physical activities at the end of the session.  
  
Ask children what they liked most.  
  
Involve all children in clean-up.

WELLNESS ACTIVITIES	What to do ....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Talk about importance of regular physical activity.</li> <li>• Wash hands and faces regularly.</li> <li>• Clean-up your environment.</li> <li>• Drink enough clean water.</li> </ul>
<b>Heart helper</b> 	<ul style="list-style-type: none"> <li>• Increase heart rate of children by....</li> </ul> <p>Chasing their own shadow. Chasing their partner's shadow. Swop roles.</p>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Communicate and listen with respect.</li> <li>• Listen to your parents and group members.</li> <li>• Follow instructions.</li> </ul>
<b>Muscle strength</b> 	<ul style="list-style-type: none"> <li>• Push against a wall, tree or any stable object.</li> <li>• Use own body weight.</li> </ul>

FUN ACTIVITIES	What to do....
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing a song the children know.</li> <li>• Teach a new song</li> </ul>
<p><b>Draw</b></p> 	<ul style="list-style-type: none"> <li>• Draw a picture of yourself with crayons, in the sand, chalk....</li> </ul>
<p><b>Sculpt</b></p> 	<ul style="list-style-type: none"> <li>• Bake mud cakes and decorate it.</li> </ul>

## Play

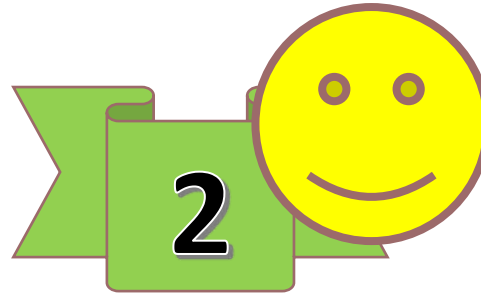


- Play tag-games involving all children.
- Divide children into smaller groups to increase activity.

## Reflect and clean-up



- Let children sit down and reflect on what they liked, disliked....
- Praise and encourage them.
- Involve all children in cleaning-up.

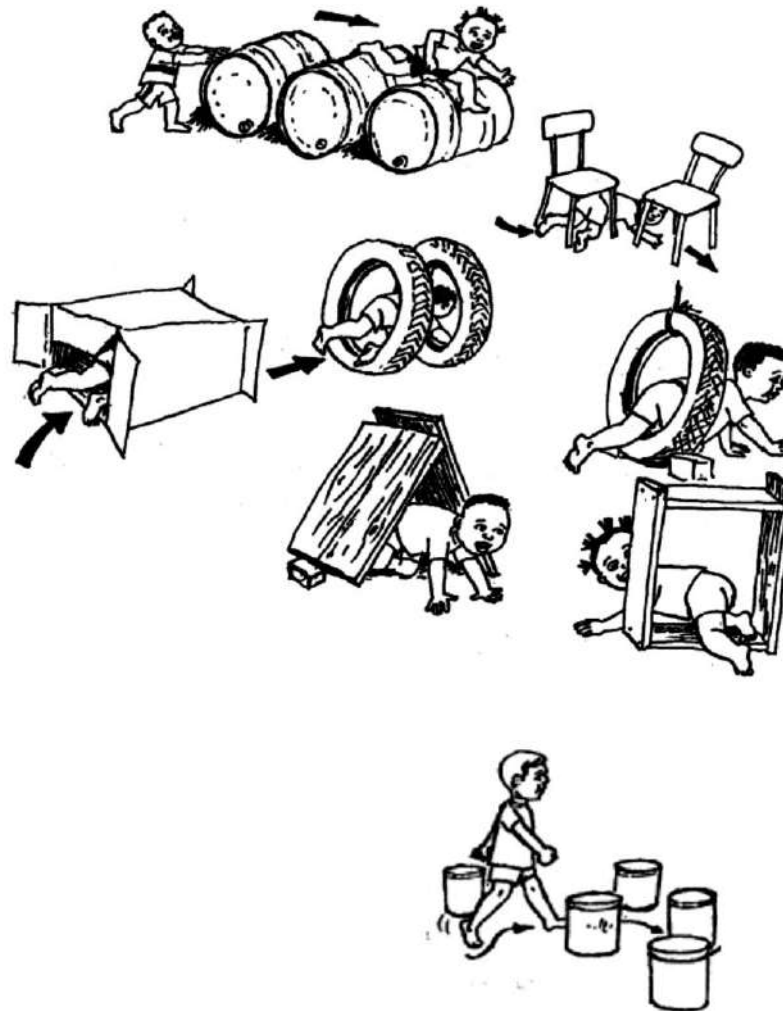


## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Natural (e.g. trees, stones) and man-made objects (e.g. boxes, tyres) for obstacle course.</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Clay / play dough</li><li>• mud /sand</li></ul>




# WHAT TO DO:


PHYSICAL ACTIVITIES	What to do.....
Warm-up	<ul style="list-style-type: none"><li>• Refer to page 47 for ideas.</li><li>• Let children walk around freely at a fast pace.</li><li>• Let children run around freely until they breathe hard.</li><li>• Divide children into age groups.</li></ul>
Move	<ul style="list-style-type: none"><li>• Set up an obstacle course using objects from your environment.</li><li>• Course should allow children to move....<ul style="list-style-type: none"><li>○ Over objects</li><li>○ Onto objects</li><li>○ Through objects</li><li>○ Underneath objects</li><li>○ Around objects.</li></ul></li><li>• Ask children's input in designing the obstacle course.</li><li>• Differentiate between age groups and level of difficulty.</li></ul>




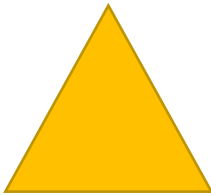
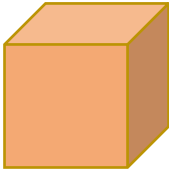
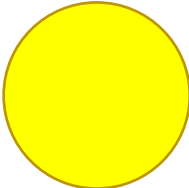
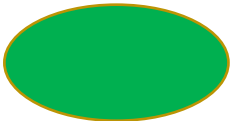

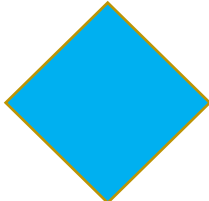
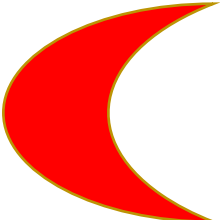
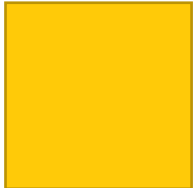

Complete the course more than once.  
Set up the course in a circle, square, triangle, free shape.









WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Talk about benefits of regular physical activity.</li> <li>• Stress healthy eating.</li> <li>• Talk about family support. Let children talk about something fun the family did.</li> <li>• Wash hands and face before and after session.</li> <li>• Do not share personal items.</li> </ul>
<b>Heart helper</b> 	<ul style="list-style-type: none"> <li>• Let children walk, march or run around freely in a safe area until they breathe hard.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Wait your turn.</li> <li>• Help and encourage others.</li> <li>• Clean up environment.</li> </ul>

	<ul style="list-style-type: none"> <li>• Listen to and follow instructions.</li> <li>• Work in groups</li> </ul>
<b>Muscle strength</b> 	<ul style="list-style-type: none"> <li>• Carry and move objects for obstacle course.</li> <li>• Younger children carry lighter objects.</li> <li>• Heavier objects carried by partners.</li> </ul>



FUN ACTIVITIES	What to do.....
<p data-bbox="203 312 327 352"><b>Sculpt</b></p> 	<ul data-bbox="831 312 1973 392" style="list-style-type: none"> <li>• Sculpt basic forms: Triangle, square, circle, rectangle, cube, diamond, moon, cross.</li> </ul> <div data-bbox="871 421 1917 1107">              </div> <ul data-bbox="831 1222 1391 1358" style="list-style-type: none"> <li>• Colour in different colours.</li> <li>• Let children identify colours.</li> </ul>

	<ul style="list-style-type: none"> <li>• Children collect different colours objects from environment e.g. red, green, brown, black objects</li> <li>• Identify basic shapes in environment e.g. door = rectangle; egg = oval; box = cube</li> <li>• Draw or sculpt healthy foods.</li> <li>• Talk about foods children like and dislike.</li> </ul>
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Ask children to nominate and sing their favourite song.</li> <li>• Ask children to arrange themselves in different shapes while singing, e.g.    </li> </ul>
<p><b>Dance</b></p> 	<ul style="list-style-type: none"> <li>• Combine rhythm and singing, e.g. rhythm sticks, shakers, clapping hands, stamping feet.</li> </ul>

## Play



- Play an indigenous game to end the session.
- Involve all children.

## Reflect and clean-up



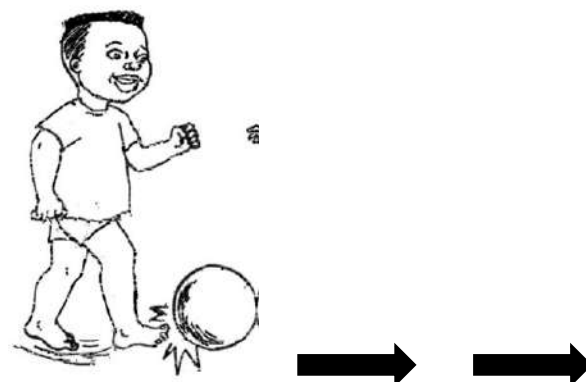
- Let children sit down and reflect on what they liked, disliked....
- Praise and encourage them.
- Involve all children in cleaning-up.



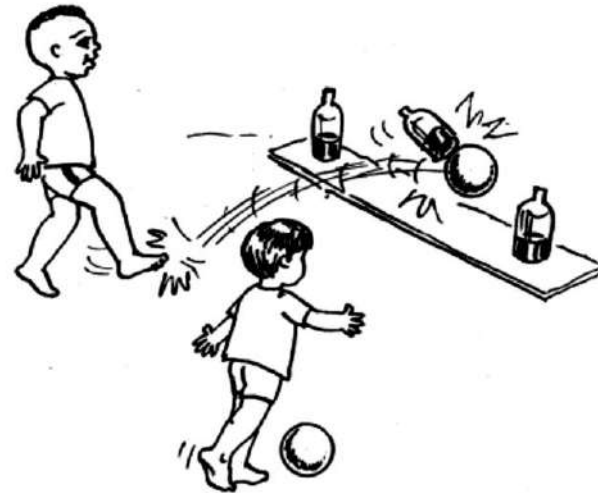
## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Ball for each child</li><li>• Targets</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Paint</li></ul>



# WHAT TO DO:

PHYSICAL ACTIVITIES	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Refer to previous sessions.</li> </ul>
Kicking	<ul style="list-style-type: none"> <li>• Start off with basic kicking action and variations on kicking.</li> <li>• Refer to pages 36-39.</li> <li>• Kick a ball that is laying on the ground.</li> </ul> <div data-bbox="1321 861 1904 1244">  <p>A black and white line drawing of a young child standing and kicking a ball. The child is facing right, with their right leg extended forward and foot on the ball. Two thick black arrows point to the right, indicating the direction of the kick. The ball is on the ground, and there are small lines around it suggesting motion or impact.</p> </div> <ul style="list-style-type: none"> <li>• Kick a big ball, a small ball.</li> </ul>

- Younger children kick softer and bigger balls.
- Kick with right foot; kick with left foot.
- Kick a short distance – up to 3 meters.
- Kick a long distance – over 3 meters.
- Aim at a big target.





WELLNESS ACTIVITIES	What to do.....
<p data-bbox="203 312 465 347"><b>Healthy habits</b></p> 	<ul style="list-style-type: none"> <li>• Keep food areas clean and neat.</li> <li>• Cover food to keep flies away.</li> <li>• Wash hands regularly.</li> <li>• Drink clean water regularly.</li> <li>• Put garbage in garbage cans.</li> <li>• Keep area around the house clean.</li> <li>• Keep the inside of the house tidy.</li> </ul>
<p data-bbox="203 983 434 1018"><b>Heart helper</b></p> 	<ul style="list-style-type: none"> <li>• Run back and forth between sticks placed 5-10 meters apart.</li> <li>• Run forward, backward, slide between sticks.</li> <li>• Adapt distance for different age groups.</li> </ul>

### Life skills







- Ask before you use someone's ball, crayons.
- Wait your turn when playing games
- Communicate clearly.
- Say nice thing about others.

### Muscle strength



- Walk uphill as fast as you can.
- Try jogging up a hill.

FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Paint a picture of your house and family.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing a song about the sun.</li> </ul>  <ul style="list-style-type: none"> <li>• Sing a song about water.</li> </ul> 

### Storytelling and dance



- Tell a story about the sun, water.
- Create a dance based on the story.
- Involve all children.

### Play



- Play a kicking game.
- Play on your own.
- Play with a partner.
- Play in a team.

### Reflect and clean-up



- Let children sit down and reflect on what they liked, disliked....
- Praise and encourage them.
- Involve all children in cleaning-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Objects to run around</li><li>• Objects to reach up against e.g. wall or tree</li><li>• Circles / draw circles in sand</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Paint or drawing materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up	<ul style="list-style-type: none"> <li>• Refer to previous sessions.</li> </ul>
Stretch	<ul style="list-style-type: none"> <li>• Walk tall with hands above head. Walk forward and backward</li> </ul> <div data-bbox="1227 603 1630 965" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Stretch arms far to the left and the right. Alternate arms.</li> <li>• Stretch to reach an object above the head e.g. tree branch.</li> <li>• See how high you can reach on a wall or tree. Mark the height. Use left arm and right arm.</li> </ul>

## Jumping

Refer to pages 15-16 for basic jumping actions and variations.

- Draw circles on the ground. One circle for each child.
- Jump.....

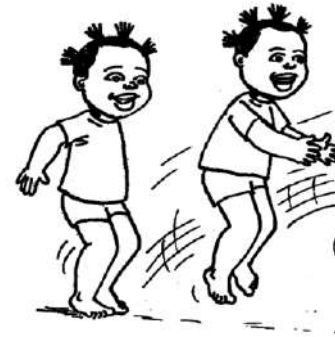
Into the circle and out. Jump from objects. Jump into a series of objects.



**With right foot first.**

**With left foot first.**

**With both feet.**



**Jump over objects. Adapt height for younger children.**





**Move like.....**

- **Move around like.....**

**A cat... stretch far forward**




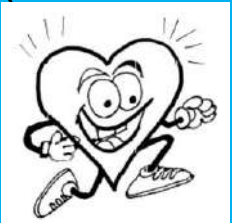

**An elephant..... take long steps and stretch forward with arms**



**A mouse.....**

**A dog.....**

**Your favourite animal.....**

WELLNESS	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Get enough fresh air.</li> <li>• Wash hands regularly.</li> <li>• Get enough rest and sleep</li> <li>• Stay in the shade when the sun is hot.</li> <li>• Wear a hat when outside.</li> </ul>
<b>Heart helper (Include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Dance with a partner until both breathe hard.</li> <li>• Sing while you dance.</li> </ul>
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Put things away after their use.</li> <li>• Be friendly.</li> <li>• Talk about emotions and how to handle it e.g. angry, happy, sad, fear.....</li> </ul>

**Muscle strength**  
(include in warm-up)









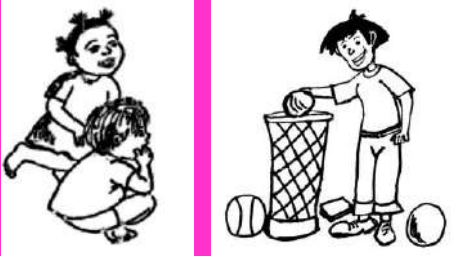
- Take a partner's hands and.....

Try to pull each other off balance.

Try to push each other off balance



FUN ACTIVITIES	What to do.....
<p data-bbox="203 312 450 344"><b>Paint or draw</b></p>  	<ul style="list-style-type: none"> <li>• Paint or draw pictures of your favourite animals.</li> </ul>
<p data-bbox="203 930 483 962"><b>Sing and dance</b></p>  	<ul style="list-style-type: none"> <li>• Sing a song about your favourite animals.</li> <li>• Create a dance that depict your favourite animal.</li> <li>• Dance alone, with a partner and in small groups.</li> </ul>

<p><b>Storytelling</b></p> 	<ul style="list-style-type: none"> <li>• Create and tell a story about animals.</li> <li>• Make the sounds of the animals in the story.</li> <li>• Move around like the animals in the story.</li> </ul>
<p><b>Play</b></p> 	<ul style="list-style-type: none"> <li>• Play a jumping game.</li> <li>• Move around and jump like different animals.</li> <li>• Play a relay game while moving around like different animals.</li> </ul>
<p><b>Reflect and clean-up</b></p> 	<ul style="list-style-type: none"> <li>• Let children sit down and reflect on what they liked, disliked....</li> <li>• Ask children to talk about what makes them angry, happy, sad, fearful.....</li> <li>• Praise and encourage them.</li> <li>• Involve all children in cleaning-up.</li> </ul>



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Objects to jump over</li><li>• Bean bags</li><li>• Circles / draw circles in sand</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Paint or drawing materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITIES	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Refer to previous sessions.</li> <li>• Add your own warm-up and stretch exercises.</li> <li>• Keep pages 47 in mind.</li> </ul>
Throwing	<ul style="list-style-type: none"> <li>• Refer to pages 27–30 for throwing actions and ideas.</li> <li>• Throw a bean bag..... Underhand with the right hand</li> </ul> <div data-bbox="1344 826 1541 1053" data-label="Image"> </div> <p>Underhand with the left hand</p> <p>With both hands together</p> <p>Overhand with the right hand</p>

Overhand with the left hand




Overhand with both hands together.

- Throw a bean bag into a circle.



- Take a step backward and repeat.
- Throw for distance







WELLNESS ACTIVITIES	What to do.....
<p data-bbox="203 312 465 347">Healthy habits</p> 	<ul style="list-style-type: none"> <li>• Revisit all previous healthy habits.</li> <li>• When you cough or sneeze, bend your elbow and cough and sneeze into it.</li> <li>• Wash your hands after coughing and sneezing.</li> </ul>
<p data-bbox="203 695 577 775">Heart helper (Include in warm-up)</p> 	<ul style="list-style-type: none"> <li>• Walk around forward freely counting to 10. Repeat 10 times.</li> <li>• Repeat walking backward.</li> <li>• Younger children can clap their hands if they cannot yet count.</li> </ul>
<p data-bbox="203 1015 376 1050">Life skills</p> 	<ul style="list-style-type: none"> <li>• Respect other people and their belongings.</li> </ul>

## Muscle strength



- Try to push and pull a partner off balance.



FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Dip different objects e.g. feathers, sticks, crumpled balls of paper, fabric, fingers, toes, into paint and create patterns on a paper.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing while you are painting.</li> </ul>
<b>Storytelling and dancing</b>   	<ul style="list-style-type: none"> <li>• Tell a story about your favourite food.</li> <li>• Create a dance about your favourite food.</li> </ul>

## Play



- Play a game your grandparents played.
- Play an indigenous game.

## Reflect and clean-up



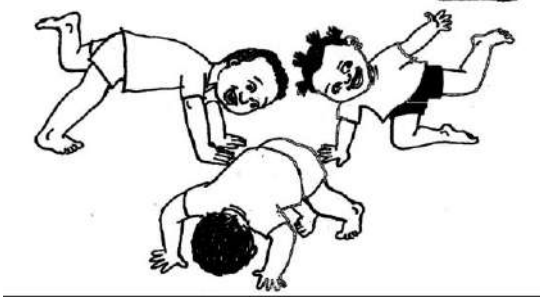
- Let children sit down and reflect on what they liked, disliked....How would they change it? Why?
- Praise their paintings and encourage them.
- Involve all children in cleaning-up.



## WHAT IS NEEDED?

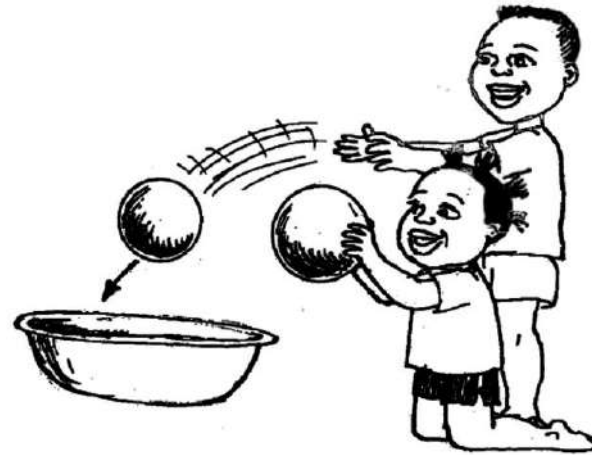
PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders, safe open area</li><li>• Objects to collect from environment</li><li>• Different size balls, bean bags</li><li>• Large baskets or boxes</li><li>• Painting and drawing materials</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Paint or drawing materials</li></ul>

# WHAT TO DO:


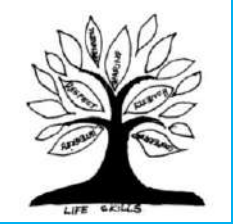
PHYSICAL ACTIVITIES	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Refer to previous sessions.</li> <li>• Add your own warm-up and stretches.</li> </ul>
Balance self	<ul style="list-style-type: none"> <li>• Refer to pages 19 – 24 for basic balance activities.</li> <li>• Get onto hands and knees:   Lift up left hand, put it down.  Lift up right hand, put it down.  Lift up right hand and left foot, put them down.  Lift up left hand and right foot, put them down, stand up.  Younger children can stand on their knees.</li> </ul> 

## Throw to a target




- Use a beanbag. Throw to a target.
- Throw with one hand and then the other.
- Increase distance from the target.



- Throw a big ball with both hands.
- Throw a small ball with one hand and then the other.
- Stand on one foot and throw ball with one hand.
- Stand on the other foot and throw ball with other hand.
- Have enough balls for each child.
- Share targets.

WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Keep own body and clothes clean.</li> <li>• Eat healthy foods.</li> </ul>
<b>Heart helper (Include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Ask children to run and collect an object in the environment (e.g. grass, leave), return and place it in a box.</li> <li>• Repeat 5 times asking them to bring a different object every time.</li> <li>• Younger children run shorter distances.</li> <li>• Praise all children.</li> </ul>
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Perseverance / commitment.</li> <li>• Respect others' efforts.</li> <li>• Work in groups.</li> <li>• Listen to others' ideas.</li> </ul>



FUN ACTIVITIES	What to do.....
<p data-bbox="203 365 450 400">Paint or draw</p>  	<ul style="list-style-type: none"> <li data-bbox="831 365 1675 400">• Paint collected objects and create a picture.</li> </ul>
<p data-bbox="203 908 286 943">Sing</p> 	<ul style="list-style-type: none"> <li data-bbox="831 908 2007 991">• Divide children into groups of 5. Let each group pick their own song and sing it to the others.</li> </ul>

## Play



- Play any throwing game.
- Separate younger and older children.

## Reflect and clean-up



- Let children sit down and reflect on what they liked, disliked....
- Talk about the different objects collected from the environment and using garbage cans.
- Involve all children in cleaning-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Tees to place balls on.</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

# WHAT TO DO:

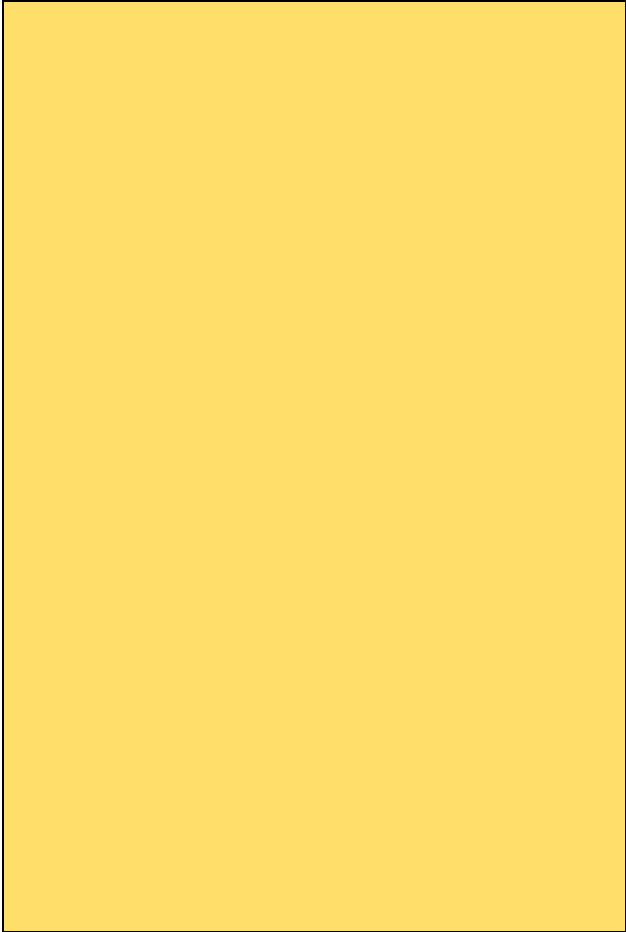
PHYSICAL ACTIVITIES	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"><li>• Throw balls in different directions for children to return quickly.</li><li>• Repeat.</li><li>• Separate younger children from older ones.</li></ul>
Rolling	<ul style="list-style-type: none"><li>• Lying on your back on the ground, put arms and hands above your head.</li><li>• Turn slowly to your front while keeping arms and legs straight.</li><li>• Turn again slowly to your back.</li><li>• Turn quickly to your front.</li><li>• Turn quickly to your back.</li><li>• Make a full roll to the left and the right.</li></ul>












## Hitting

- Balance ball on a tee.



- 
- Hit ball from underneath with right hand.
  - Repeat with left hand.
  - Hit ball through the centre with right hand.
  - Repeat with left hand.
  - Hit ball through the top with right hand.
  - Repeat with left hand.
  - Use big, light balls for younger children.
  - Use different size balls for older children.
  - Hit for distance.
  - Hit for accuracy.

WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Eat food of different colours (e.g. red, green).</li> <li>• Be careful when carrying sharp or hot objects.</li> <li>• Keep a safe distance from open fires and hot stoves.</li> </ul>
<b>Heart helper</b> 	<ul style="list-style-type: none"> <li>• Refer to warm-up.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Treat your parents, teachers, friends and animals with respect.</li> <li>• Persist until you master a skill.</li> </ul>
<b>Muscle strength</b> 	<ul style="list-style-type: none"> <li>• Push against a partner or against a wall or tree.</li> </ul> 

FUN ACTIVITIES	What to do.....
<b>Paint and draw</b> <div data-bbox="219 440 405 608"></div> <div data-bbox="430 440 604 608"></div>	<ul style="list-style-type: none"> <li>• Dip fingers in paint.</li> <li>• Paint pictures of red, green and yellow food (e.g. carrots, beans, tomatoes, apples).</li> </ul>
<b>Sing and dance</b> <div data-bbox="224 735 483 903"></div>	<ul style="list-style-type: none"> <li>• Create and sing a song about vegetables and fruits.</li> <li>• Create a dance to go with the song.</li> </ul>
<b>Storytelling</b> <div data-bbox="219 1118 539 1318"></div>	<ul style="list-style-type: none"> <li>• Create and tell a story about different vegetables and fruits.</li> <li>• Let children tell children parts of the story.</li> </ul>



## Play



- Play a relay game using rolling as activity.
- Use a safe area.

## Reflect and clean-up



- Let children sit down and reflect on what they liked, disliked....
- Talk about the different fruits and vegetables they painted.
- Involve all children in cleaning-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Objects to march around</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li><li>• Pattern stencil</li><li>• Material to make musical instruments.</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITIES	What to do.....
Warm-up	<ul style="list-style-type: none"> <li>• Refer to previous sessions.</li> <li>• Add own age-appropriate warm-up and stretches.</li> </ul>
March	<ul style="list-style-type: none"> <li>• Refer to page 10 for basic march action.</li> </ul> <div data-bbox="1330 692 1576 1027" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• March slow.</li> <li>• March fast.</li> <li>• March in a straight line.</li> <li>• March with a partner.</li> <li>• March in fours.</li> </ul>



- **March in a group around objects.**

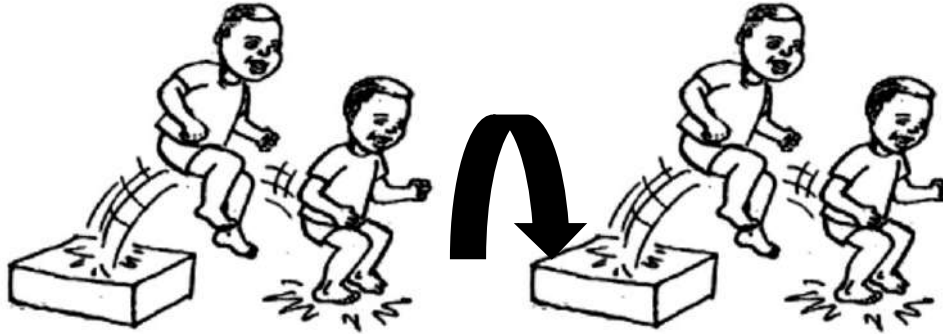
## **Jump**

- **Revise jump activities from previous sessions.**
- **Jump from both feet off a low object.**

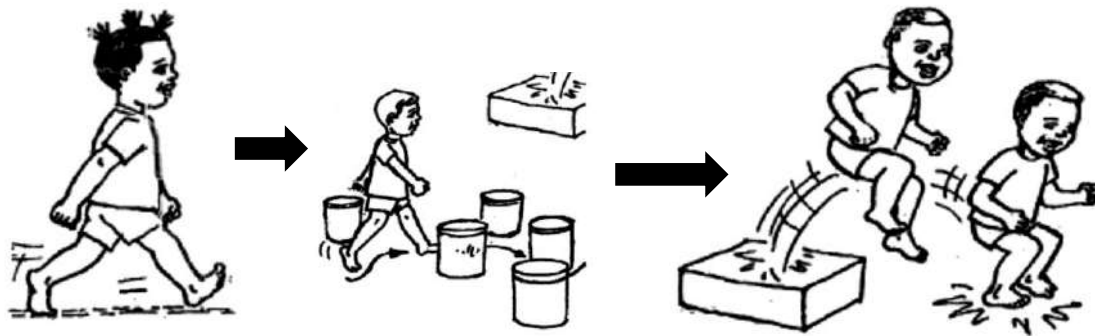


- **Bend ankles, knees and hips when landing.**

- Connect a series of objects to jump onto and off.



- Combine walking, marching and jumping between and around objects.



## Roll

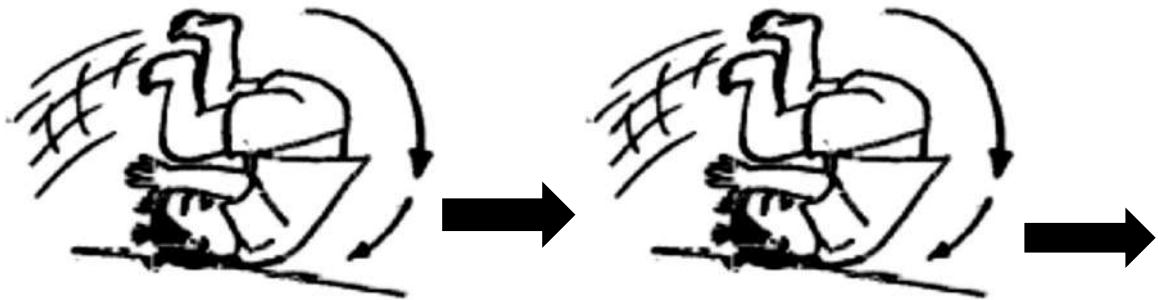
- Revise roll activities from previous session.
- Roll uphill and downhill.



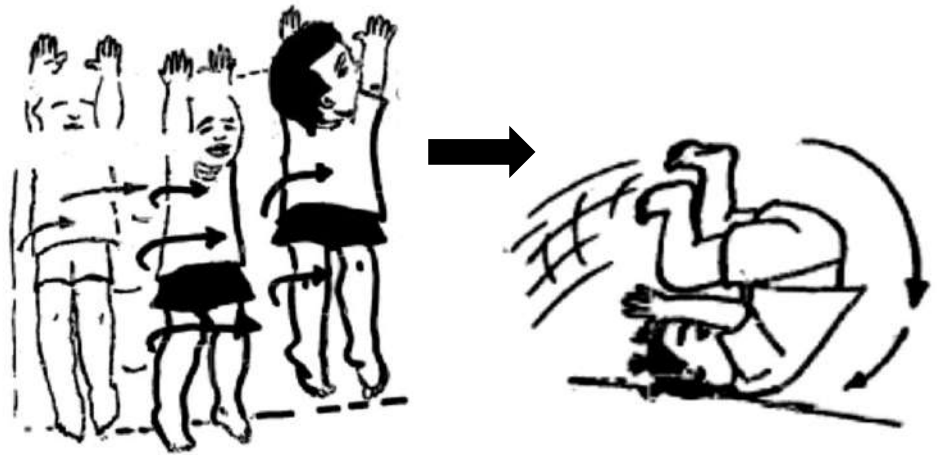
- Roll forward on a safe surface.





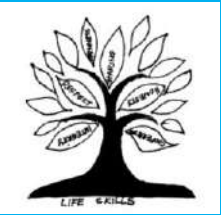
- Put your hands on the ground.
- Make yourself into a ball with your hips higher than your head and your chin tucked in.
- Push off with your feet.
- Roll and stand up.
- Do a series of forward rolls between two objects.



- Combine rolling sideways and rolling forward.




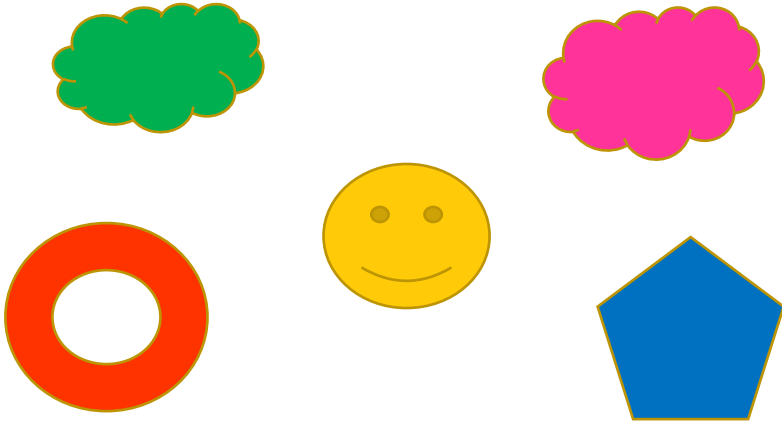



WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<p>Wash your hands after playing or touching animals.</p>
<b>Heart helper (Include in warm-up)</b> 	<p>Follow a leader by running slow, fast, sideways, backwards.</p> <p>Take turns to be a leader.</p>
<b>Life skills</b> 	<p>Always greet people.</p> <p>Be friendly.</p> <p>Do not tell lies.</p>

## Muscle strength



- Do a series of frog jumps.
- Do a number of star jumps. Match distance and repetitions to the age and ability of the child.

FUN ACTIVITIES	What to do.....
<p><b>Paint</b></p> 	<ul style="list-style-type: none"> <li>• Draw colourful patterns on paper using a pattern stencil.</li> </ul> 
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing your favourite songs.</li> <li>• Make musical instruments with available materials e.g. empty tins as drums, tins with stones inside as shakers, bells, seed pods.</li> </ul>

## Play



- Play a game with partners.
- Sing along.



## Musical instruments



- Make musical instruments with available materials e.g. empty tins as drums, tins with stones inside as shakers, bells, seed pods.
- Use instruments to sing along and play.



### Reflect and clean-up



- Let children sit down and reflect on what they liked, disliked....
- Talk about the different shapes, songs and musical instruments they made.
- Involve all children in cleaning-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Objects to run around</li><li>• Beanbags</li><li>• Group of children</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Refer to previous sections.</li> <li>• Add own age-appropriate warm-up and stretch activities.</li> </ul>
Catch	<ul style="list-style-type: none"> <li>• Revise throwing activities in session 5.</li> <li>• Catch a bean bag using both hands standing on your knees.</li> <li>• Work in pairs.</li> </ul> <div data-bbox="1238 624 1615 1046" data-label="Image"> </div> <ul style="list-style-type: none"> <li>• Catch a bean bag using the preferred hand and the other hand.</li> <li>• Gradually move throwers and catchers apart.</li> </ul>

- Catch big balls (younger children) and smaller balls (older children)

- Catch a bean bag with both hands standing upright.

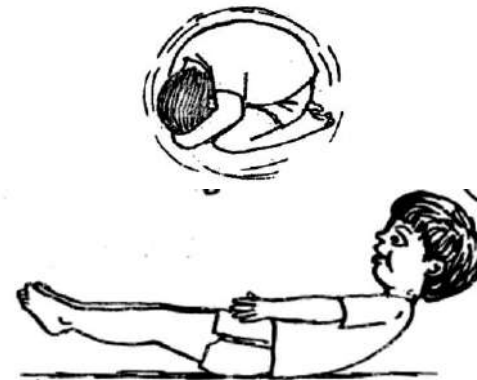


- Catch a bean bag with preferred hand and other hand.
- Gradually move throwers and catchers apart.
- Catch big balls (younger children) and smaller balls (older children).

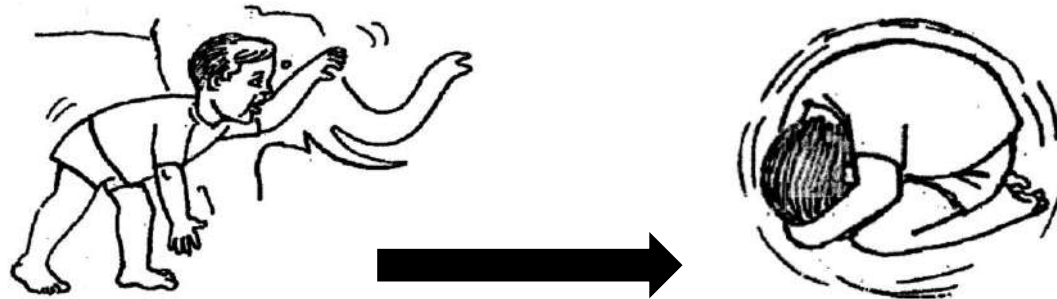


**Make a shape with your body....**

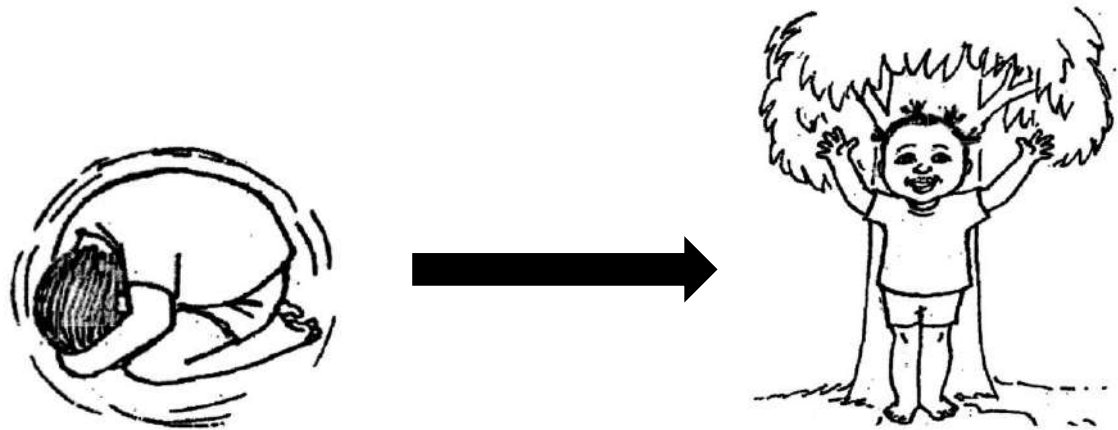
- Like a tree.....a rock.... an elephant.... a star.... a pole.....






- Change your body shape very slowly from an elephant.... to a rock.....



- Change quickly from a ball.....to a tree.....to a star...to a frog

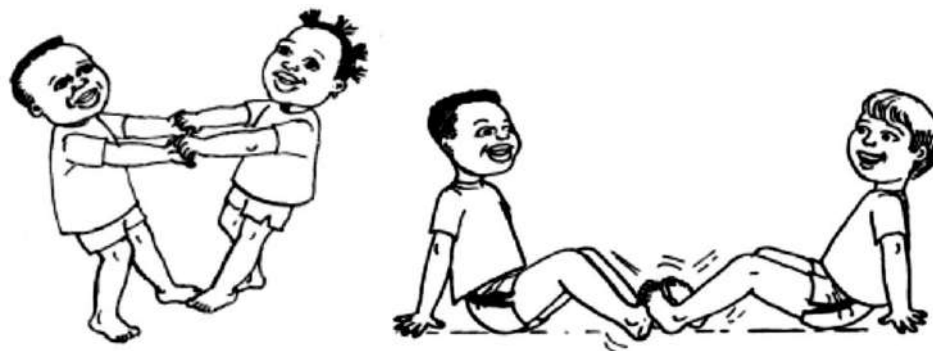





WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Brush teeth regularly.</li> </ul>
<b>Heart helper (include in warm-up)</b> 	<ul style="list-style-type: none"> <li>• Run around obstacles. See who can run for the longest time.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Listen respectfully when someone speaks to you.</li> <li>• Remember to smile.</li> </ul>

## Muscle strength



- Push or pull against a partner.



FUN ACTIVITIES	What to do.....
<p>Paint , cut and paste</p> 	<ul style="list-style-type: none"> <li>• Cut out or tear pictures and paste to a piece of paper or cloth.</li> <li>• Create a design.</li> </ul>
<p>Sing</p> 	<ul style="list-style-type: none"> <li>• Sing songs about the animals and shapes you created with your body.</li> </ul>
<p>Storytelling</p> 	<ul style="list-style-type: none"> <li>• Create and tell a story about the animal shapes you created with your body.</li> </ul>

### Dance



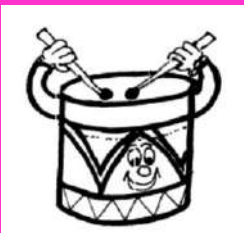
- Dance freely around while singing a song about the shapes created with your body.

### Play



- Play a catch game while you pretend to be elephants.....trees.....frogs.
- What else can you pretend to be?

### Musical instruments



- Use the musical instruments made during previous sessions while singing and dancing.

### Reflect and clean-up



- Ask children what they liked most/least in the session.
- Ask why they liked some activities more than other.
- Involve all children in clean-up and putting away equipment.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Bean bags and different sizes balls.</li><li>• Objects to create an obstacle course.</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

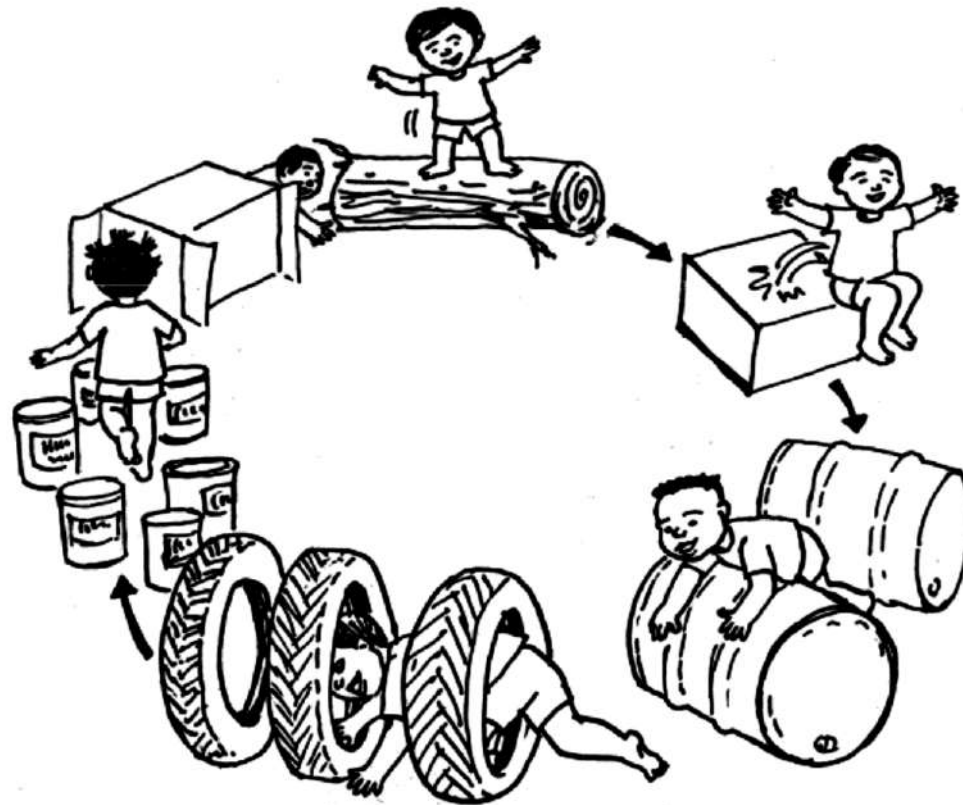





# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretch activities.</li> </ul>
Catch and throw	<ul style="list-style-type: none"> <li>• Revise catch and throw activities of previous session.</li> <li>• Catch and throw a bean bag.... Using both hands.... Using the right hand... Using the left hand... While sitting... While kneeling... While running slowly...</li> </ul> <div data-bbox="891 917 1953 1166"> </div> <ul style="list-style-type: none"> <li>• Repeat the above throwing actions with balls.</li> </ul>

## Obstacle course

- Create an obstacle course with objects to move in, over, around...
- Involve children in creating the obstacle course.





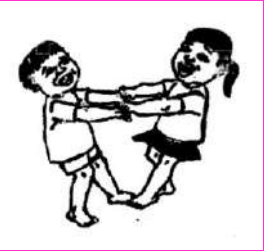
WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Wash your body every day.</li> <li>• Eat healthy food.</li> <li>• Drink water.</li> </ul>
<b>Heart helper (include in warm-up)</b> 	<ul style="list-style-type: none"> <li>• March in place.....slow....fast.</li> <li>• Run in place.....slow....fast.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Problem solving - children assist in creating an obstacle course.</li> <li>• Wise use of resources – using objects to build an obstacle course.</li> <li>• Critical thinking – how to plan the obstacle course.</li> <li>• Cooperation.</li> </ul>

## Muscle strength



- Lifting and carrying objects to create obstacle course.
- Take care to bend your knees and keep your back straight when lifting heavier objects.



FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Use soap paint to paint pictures.</li> <li>• Let children paint their own pictures or work in pairs.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing songs while painting and doing the obstacle course.</li> </ul>
<b>Dance</b> 	<ul style="list-style-type: none"> <li>• Dance with a partner.</li> </ul>

## Play



- Play a game with throwing and catching bean bags and balls.

## Reflect and clean-up




- Ask children what they enjoyed about the obstacle course. Why? What did they not enjoy? Why?
- Involve all children in cleaning up and packing away.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Bean bags, balls, targets.</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting, pasting materials</li><li>• Pictures</li><li>• Homemade musical instruments.</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretch activities.</li> </ul>
Balance	<ul style="list-style-type: none"> <li>• Balance on different body parts.</li> </ul> 

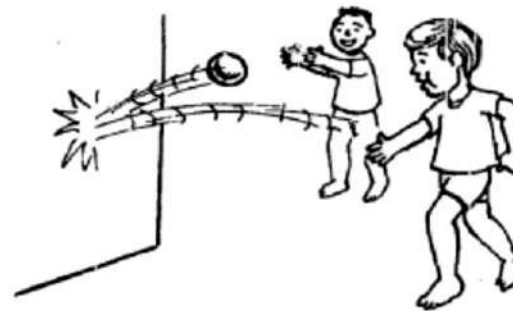


## Throw and catch

- Throw a bean bag or ball to a friend.



- Throw a ball against a wall for a friend to catch.



- Throw bean bag into air, clap hands and catch.



- Throw at a friend while walking and running slowly.






## Target throwing

- Throw at a target.
- Throw underhand, overhand.
- Increase distance from target.








WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Avoid eating spoiled food.</li> <li>• Wash hands and face before eating.</li> <li>• Be home by dark.</li> <li>• Do not go with strangers.</li> </ul>
<b>Heart helper (include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Move around freely while singing and clapping hands.</li> </ul>
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Cooperation.</li> <li>• Communicate with respect.</li> <li>• Concern for others.</li> <li>• Personal safety.</li> </ul>

## Muscle strength



- Throwing balls overhand and underhand against a wall or to a partner.
- Count from 1 to 10 while you throw and catch.

FUN ACTIVITIES	What to do.....
<p data-bbox="203 280 577 320"><b>Paint , cut and paste</b></p> 	<ul data-bbox="831 280 1951 368" style="list-style-type: none"> <li>• Cut or tear pictures from old magazines or newspapers and paste on paper to cover the whole paper.</li> </ul>
<p data-bbox="203 604 286 644"><b>Sing</b></p> 	<ul data-bbox="831 604 1429 735" style="list-style-type: none"> <li>• Sing while cutting and pasting.</li> <li>• Sing while running around.</li> </ul>
<p data-bbox="203 975 416 1015"><b>Storytelling</b></p> 	<ul data-bbox="831 975 1854 1015" style="list-style-type: none"> <li>• Show a picture and ask children to tell a story about it.</li> </ul>

## Dance

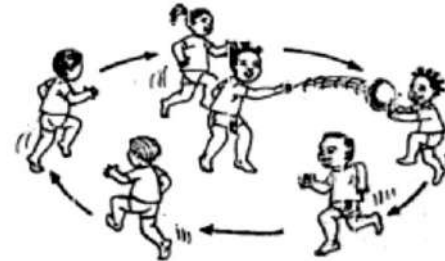


- Dance in a group while singing.

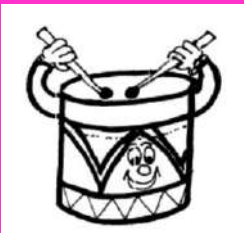
## Play



- Play a catch-and-throw game.



## Musical instruments



- Use homemade musical instruments while singing and dancing.



### Reflect and clean-up




- Ask feedback from children on session.
- Involve all children in clean-up and putting equipment away.



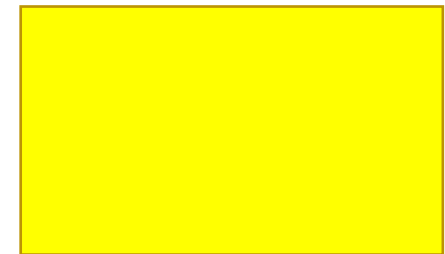
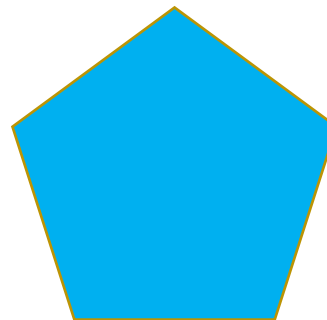
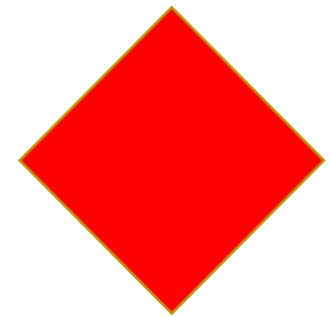
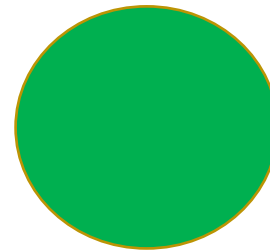
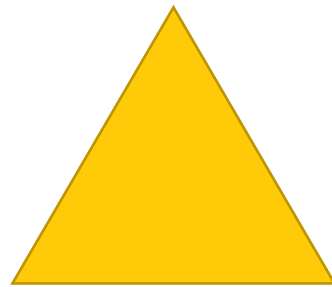
## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Balls and bean bags</li><li>• Cardboard boxes or empty receptacles</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Board chalk</li><li>• Paper</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Use own warm-up and stretch activities.</li> </ul>
Aim and throw	<ul style="list-style-type: none"> <li>• Identify objects with different colours in the immediate environment like trees, rocks, walls, cardboard boxes.</li> <li>• Ask children to throw bean bags or balls to objects of a specific colour, for example throw at the brown box or throw at the green tree.</li> </ul> 



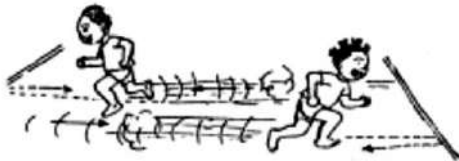

- Draw shapes like circles, triangles, squares on the ground.
- Throw bean bags or balls at nominated shapes and colours.



## Jump and hop

- Jump and hop ....
  - In a circle
  - In a triangle
  - In a square
  - Forward
  - Backward
  - To the left
  - To the right
  - Hop on the right foot
  - Hop on the left foot
  - Hop on a curved line






WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Eat fresh food.</li> <li>• Play in the fresh air.</li> </ul>
<b>Heart helper (include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Run a relay race with 4 children until everyone is tired.</li> </ul> 
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Teamwork.</li> <li>• Contribution to group effort.</li> <li>• Perseverance</li> </ul>

## Muscle strength



- Pull your partner up.
- Switch partners.



FUN ACTIVITIES	What to do.....
<p data-bbox="203 280 495 320"><b>Draw and paste</b></p> 	<ul style="list-style-type: none"> <li>• Draw a picture with board chalk on any suitable surface.</li> <li>• Draw and colour a picture of a butterfly and paste on any suitable material.</li> </ul>
<p data-bbox="203 627 286 667"><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing songs while playing “Frog in the water” or a similar game.</li> </ul>
<p data-bbox="203 999 416 1038"><b>Storytelling</b></p> 	<ul style="list-style-type: none"> <li>• Tell a story about a butterfly and a frog.</li> </ul>



## Play



- Play “frog in the water”. The “frog” jumps and hops around in the middle of a circle of singing children. At any time the “frog” may jump out and catch someone. That child becomes the “frog”.



## Reflect and clean-up



- Ask children to reflect on their pictures.
- Involve all children in cleaning up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls and plastic bats</li><li>• Rope</li><li>• Rolled-up newspaper and sock balls</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Hitting	<ul style="list-style-type: none"> <li>• Hit a big and small ball down.... Using your right and left hand. Pat and bounce Use a plastic bat</li> </ul> <div data-bbox="1115 746 1780 1268" data-label="Image"> <p>The image contains two black and white line drawings of young children. The child on the left is standing and holding a ball with both hands, positioned as if about to throw or hit it. The child on the right is in a dynamic pose, bouncing a ball with their hands, with motion lines indicating the ball's movement. Both children are smiling and appear to be enjoying the activity.</p> </div>



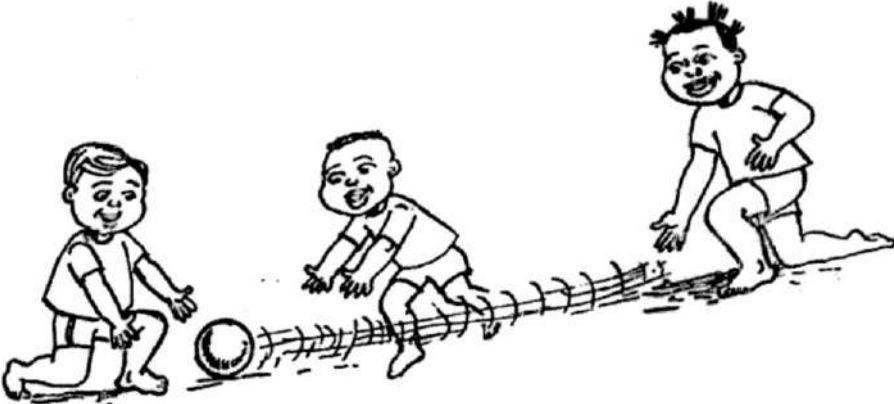
- Hit big and small balls up in the air....  
Using your right and left hand.  
Use a plastic bat, piece of wood or suitable empty container with a handle.



## Playing a game

- Play sock hockey, cricket or bat ball with rolled-up newspaper bats and a light ball or an improvised ball made from a sock.



WELLNESS ACTIVITIES	What to do.....
<p data-bbox="203 312 465 347"><b>Healthy habits</b></p> 	<ul style="list-style-type: none"> <li>• Boil water from open sources before drinking it.</li> <li>• Keep your environment and home clean.</li> </ul>
<p data-bbox="203 686 577 767"><b>Heart helper (include in warm-up)</b></p> 	<ul style="list-style-type: none"> <li>• Roll ball back and forth between partners. Third partner tries to catch the ball.</li> <li>• Switch partners.</li> </ul> 

## Life skills

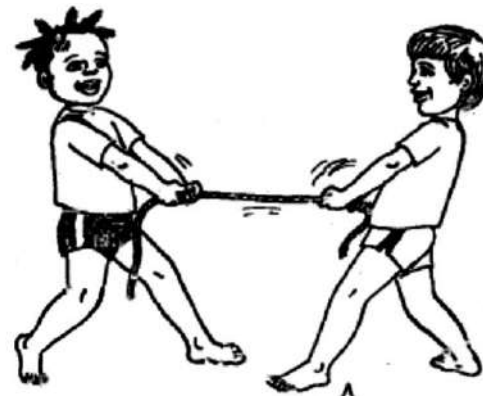


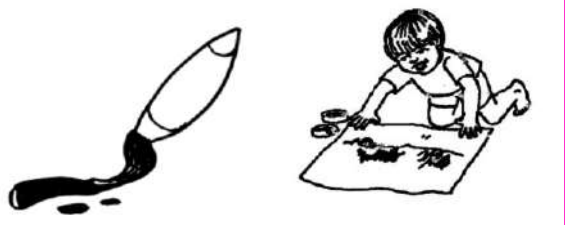



- Cooperation.
- Sharing.
- Critical thinking.
- Personal safety.
- Fair competition

## Muscle strength



- Pull against each other.
- Match partners in terms of size and ability.



FUN ACTIVITIES	What to do.....
<p><b>Paint</b></p> 	<ul style="list-style-type: none"> <li>• Dip hands in paint and create pictures and patterns on paper or cloth.</li> </ul>
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing any song you like.</li> </ul>
<p><b>Play</b></p> 	<ul style="list-style-type: none"> <li>• Play a sock cricket or bat ball game.</li> </ul> 



### Reflect and clean-up




- Ask children how they enjoyed the game. How would they change it?
- Involve all children in cleaning up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>




# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Rolling	<ul style="list-style-type: none"> <li>• Roll a ball with right hand into a circle...between two lines...to a friend.</li> <li>• Repeat with left hand.</li> </ul> 

## Hitting

- Hit a ball with right hand and left hand.
- Hit it up in the air and let ball bounce on the ground.
- Hit with a plastic bat.



WELLNESS ACTIVITIES	What to do.....
<p data-bbox="206 314 465 347"><b>Healthy habits</b></p> 	<ul style="list-style-type: none"> <li>• Wash hands before touching food.</li> <li>• Clean teeth regularly.</li> <li>• Take care when using open fires and candles.</li> </ul>
<p data-bbox="206 687 577 767"><b>Heart helper (include in warm-up)</b></p> 	<ul style="list-style-type: none"> <li>• Jump 3 times and run around to the count of 10. Repeat three times.</li> <li>• Hop around like a bunny or a frog.</li> </ul> 

## Life skills






- Cooperation.
- Communication.
- Perseverance.
- Team work.
- Disease prevention.
- Personal safety.

## Muscle strength



- Sit opposite each other and push against a partner's feet. Bend knees.
- Sit with backs against each other and push against a partner's back.



FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Paint a group picture of a colourful garden. Work in groups of three.</li> <li>• Divide the paper into three equal parts.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing a song about a garden and flowers.</li> </ul>
<b>Storytelling</b> 	<ul style="list-style-type: none"> <li>• Tell a story about the picture you painted.</li> </ul>

## Play



- Play a ball game on your own or in a group.



## Reflect and clean-up



- Talk about the highlights of the children's day.
- Involve all children in clean-up.






## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting and drawing materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Kicking	<ul style="list-style-type: none"> <li>• Take a short run-up and kick the ball.</li> <li>• Alternate feet.</li> <li>• Kick at a target.</li> </ul> 



## Rolling

- Bend knees and roll a ball to.....
- A partner
- A target
- Between a line
- Use right hand
- Use left hand
- Roll fast
- Roll slowly
- Roll as far as possible....








### Throwing and catching

- Use two balls. Throw and catch to ....  
A partner...  
In a group...
- See if the second ball can catch-up with the first.

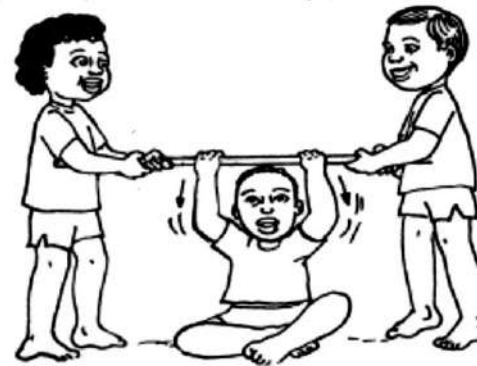


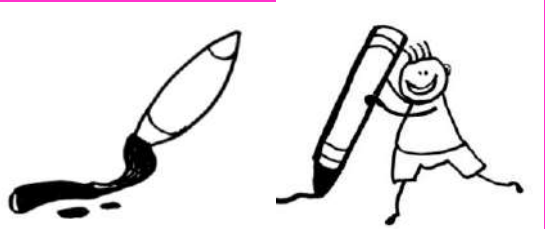



WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Drink lots of clean water.</li> <li>• Pay attention when people speak to you.</li> <li>• Greet people.</li> </ul>
<b>Heart helper (include in warm-up)</b> 	<ul style="list-style-type: none"> <li>• Run around in a circle.</li> <li>• Make circle bigger and bigger and run faster.</li> <li>• Change direction...run forward, backward, slide.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Socialising.</li> <li>• Respect values, traditions, people that differ from yours.</li> </ul>

## Muscle strength



- Hang on a tree branch by your arms.
- Try and pull yourself up.
- Younger children can try and pull themselves up on a stick held by two older children.



FUN ACTIVITIES	What to do.....
<p><b>Paint and draw</b></p> 	<ul style="list-style-type: none"> <li>• Cover a paper totally by colouring it with crayons.</li> <li>• Paint over it.</li> <li>• Then scratch a design with a twig.</li> </ul>
<p><b>Sing and dance</b></p> 	<ul style="list-style-type: none"> <li>• Make up your own song and dance.</li> </ul>
<p><b>Play</b></p> 	<ul style="list-style-type: none"> <li>• Play a game with two or more balls.</li> </ul> 

### Reflect and clean-up



- Talk about what your father, mother, grandparents, siblings do during a day.
- Involve all children in clean-up.






## WHAT IS NEEDED?

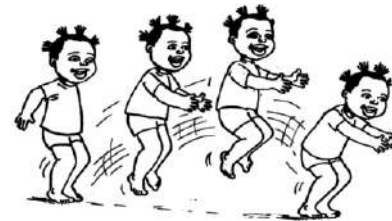
PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li><li>• Drinking straws or thin tubes</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Pat, bounce and move	<ul style="list-style-type: none"> <li>• Use a big ball.</li> <li>• Pat, bounce and walk.</li> <li>• Pat bounce and run slowly.</li> <li>• Pat bounce and run faster.</li> <li>• Pat bounce and walk backward....sideways.</li> <li>• Pat, bounce, walk and pass ball to partner.</li> </ul> 




## Jump

- Swing arms back.
- Take off from both feet.
- Bend knees.
- Swing arms forward.
- Land with bent knees.
- Keep your balance.



- Jump near.
- Jump far.
- Jump over a series of obstacles




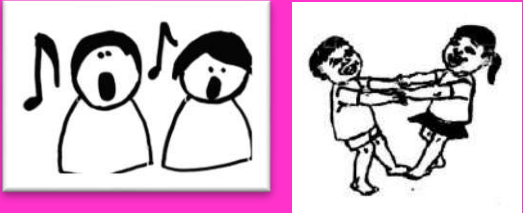


WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Exercise regularly in fresh air.</li> <li>• Take medicine when needed.</li> <li>• Get immunisations against measles and polio.</li> </ul>
<b>Heart helper (include in warm-up)</b> 	<ul style="list-style-type: none"> <li>• On command:  Walk.....run slowly....run fast...sit...run backward....sit.....glide sideways.</li> <li>• Repeat until children breathe hard.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Cooperation.</li> <li>• Obedience.</li> <li>• Personal safety and health.</li> </ul>

## Muscle strength



- Push against a partner using a ball or other object.



FUN ACTIVITIES	What to do.....
<p data-bbox="203 280 479 316"><b>Paint and draw</b></p> 	<ul style="list-style-type: none"> <li>• Put blobs of different colour paints on a paper.</li> <li>• Blow at the paint through a straw to create interesting patterns.</li> </ul>
<p data-bbox="203 604 486 639"><b>Sing and dance</b></p> 	<ul style="list-style-type: none"> <li>• Sing and dance to your own beat.</li> <li>• Use your home made musical instruments.</li> </ul>
<p data-bbox="203 928 286 963"><b>Play</b></p> 	<ul style="list-style-type: none"> <li>• Play a relay game hopping like frogs and jumping like rabbits.</li> </ul> 

### Reflect and clean-up



- Talk about illnesses and how it can be prevented.
- Involve all children in clean-up.

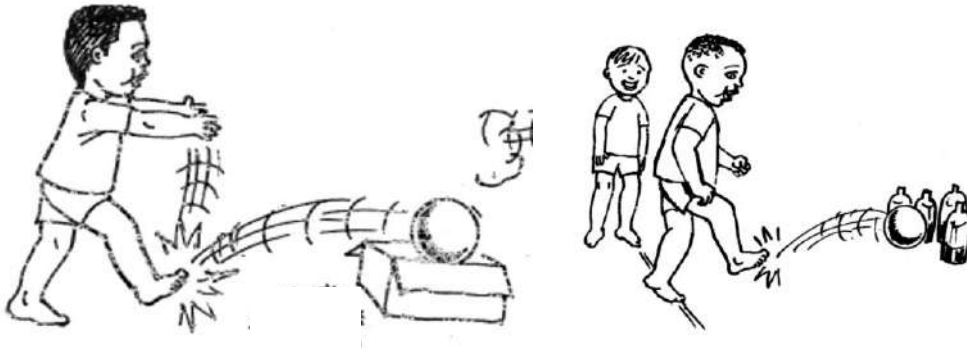


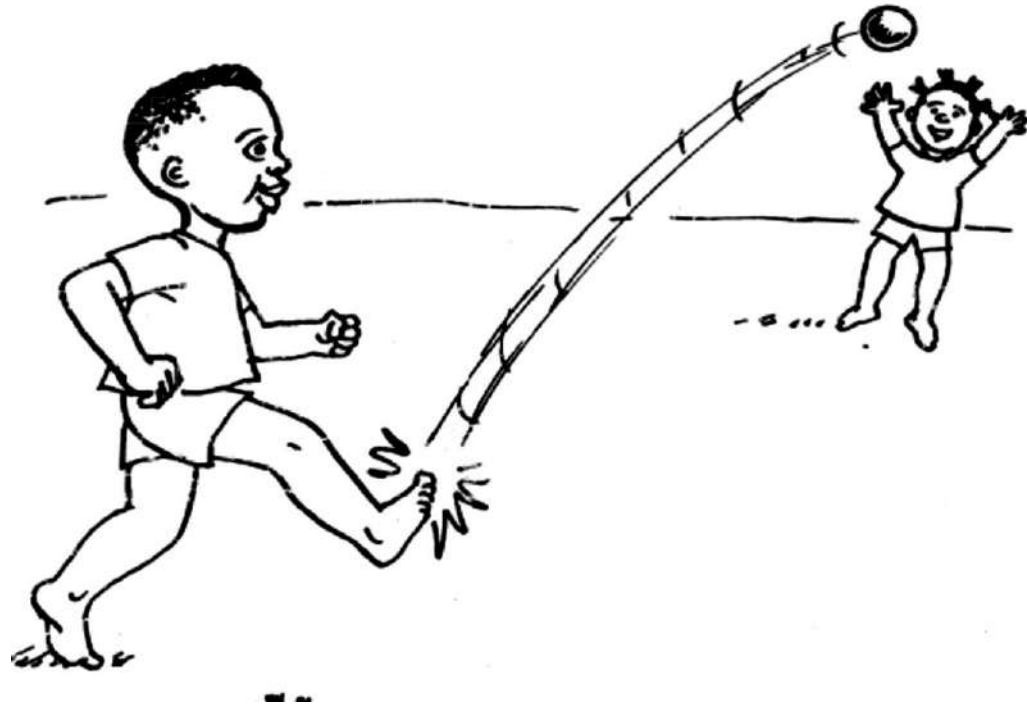
## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Material to build an obstacle course, cardboard boxes</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Mud or wet sand</li></ul>



# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Drop and kick a ball	<ul style="list-style-type: none"> <li>• Drop and kick a big, lighter ball (younger children) or smaller ball (older children).....  Right foot  Left foot  Aim at a target  Kick softly  Kick for distance  Kick to partner who catches the ball and kick back.....</li> </ul> 



## Hop and jump



- Build an obstacle course combining ....

Hops  
Jumps  
Slides  
Kick and catch  
Balance  
Movements on different levels.

- Create two different courses for younger and older children.
- Involve children in building obstacle courses.
- Complete the course 3 times.





WELLNESS ACTIVITIES	What to do.....
<p data-bbox="208 312 465 347"><b>Healthy habits</b></p> 	<ul data-bbox="831 312 1989 528" style="list-style-type: none"> <li>• Blow your nose in a cloth that can be washed or thrown away.</li> <li>• Cover your nose and mouth when sneezing or coughing.</li> <li>• Wash hands after coughing or sneezing.</li> </ul>
<p data-bbox="208 687 577 767"><b>Heart helper (include in warm-up)</b></p> 	<ul data-bbox="831 687 1675 991" style="list-style-type: none"> <li>• Hold hands and dance in a circle until tired.</li> <li>• Change direction from left to right and back.</li> <li>• Sing while dancing.</li> <li>• Separate older from younger children.</li> </ul>

## Life skills






- Respect persons with different abilities.
- Cooperation.
- Problem solving.
- Decision making.
- Reasoning.

## Muscle strength

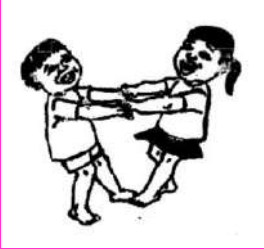


- Lift an object (not too heavy).
- Bend knees, back straight, stand close to the object and lift.
- Reverse actions when putting object down.



FUN ACTIVITIES	What to do.....
<p><b>Sculpt</b></p> 	<ul style="list-style-type: none"> <li>• Use mud or wet sand to sculpt a farm scene.</li> <li>• Work in small groups.</li> </ul>
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing a song about rain.</li> <li>• Sing while doing the heart helper.</li> </ul>
<p><b>Storytelling</b></p> 	<ul style="list-style-type: none"> <li>• Let children tell their own stories about rain.</li> </ul>

## Dance



- Dance a rain dance to your own beat.

## Play



- Do your obstacle course.





- Play hopscotch.



### Reflect and clean-up



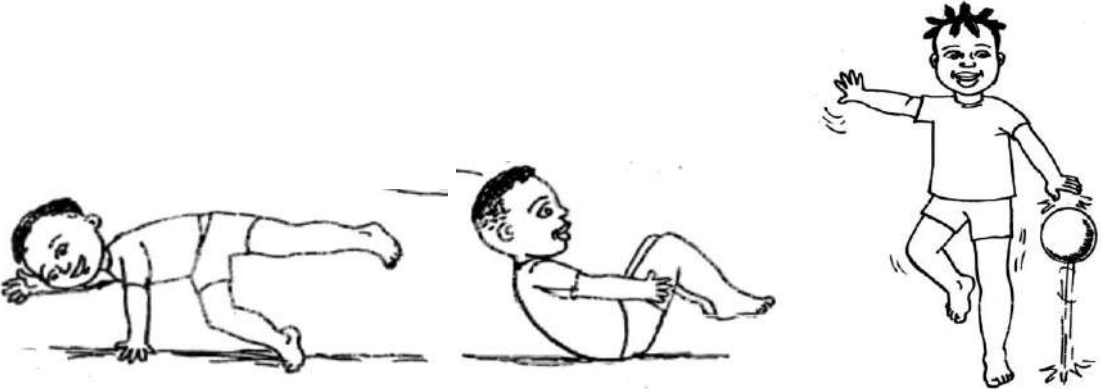
- Talk about how to save water.
- Ask feedback on obstacle course...what did they like? ...Why?



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Bean bags, bats, rope</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

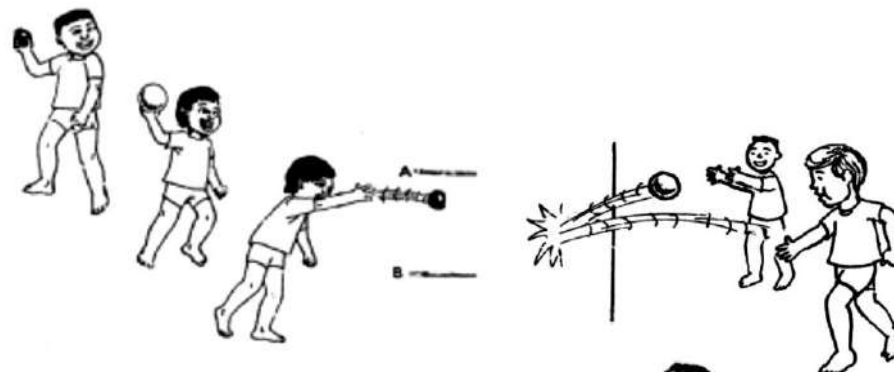
# WHAT TO DO:

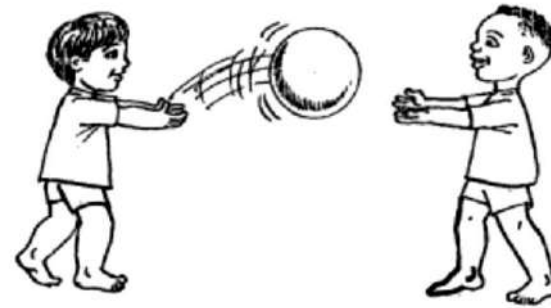
PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create age-appropriate warm-up and stretches.</li> </ul>
Balance	<ul style="list-style-type: none"> <li>• Balance in different ways..... On right foot On left foot On bum.....</li> </ul> 



## Throw and catch

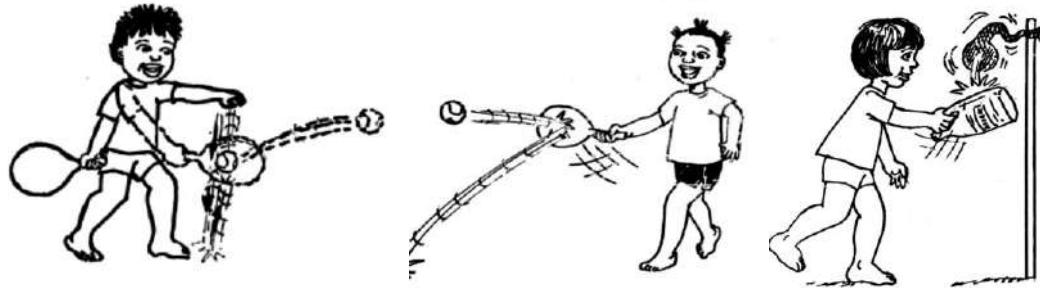
- **Throw and catch .....**  
**Against a wall.**  
**With a partner.**  
**While moving.**







## Drop and hit

- Use hand or hold plastic bat in hitting hand.
- Stand with opposite foot forward.
- Hold ball in hand at shoulder height and drop in front of opposite foot.
- Bend knees and swing through.
- Follow through after hitting the ball.



- Hit against wall.
- Hit for distance.
- Hit to a partner.

WELLNESS ACTIVITIES	What to do.....
<p>Healthy habits</p> 	<ul style="list-style-type: none"> <li>• Be careful of open fires and open water.</li> <li>• Learn to swim or be water-safe.</li> <li>• Eat fruit and vegetables daily.</li> <li>• Drink clean water.</li> </ul>
<p>Heart helper (include in warm-up)</p> 	<ul style="list-style-type: none"> <li>• Play “Follow-a-Leader”.</li> <li>• Move around in different ways.... Backward....forward...rolling...hopping...sliding....running...walking.</li> <li>• Change direction and speed.</li> <li>• Take turns to be the leader.</li> </ul>

## Life skills



- Follow instructions.
- Leadership.
- Cooperation.
- Personal hygiene.
- Respect other people, animals and the environment.




## Muscle strength



- Play a tug-of-war game.
- Change teams.





FUN ACTIVITIES	What to do.....
<p><b>Paint</b></p> 	<ul style="list-style-type: none"> <li>• Paint a picture of fish with your fingers.</li> </ul>
<p><b>Sing</b></p> 	<ul style="list-style-type: none"> <li>• Sing a song about fish.</li> </ul>
<p><b>Storytelling</b></p> 	<ul style="list-style-type: none"> <li>• Let children name their favourite fish.</li> <li>• Ask them to describe the fish. Why is it their favourite fish?</li> </ul>

## Play



- Play the tug-of-war game.
- Ask 4 children to nominate a game.
- Play these games.

## Reflect and clean-up



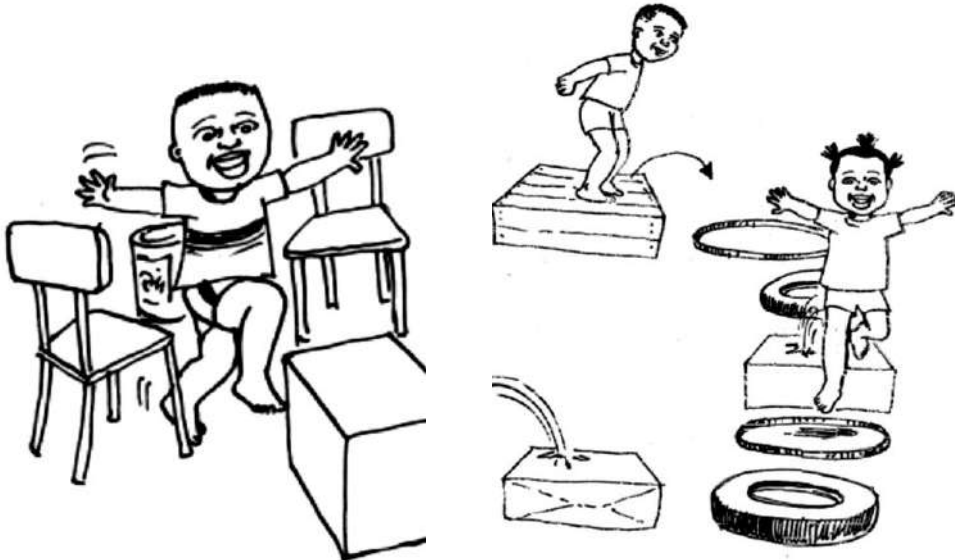
- Reflect on what they achieved in this session. What new skills did they learn?
- Talk about their families.
- Involve all children in clean-up.

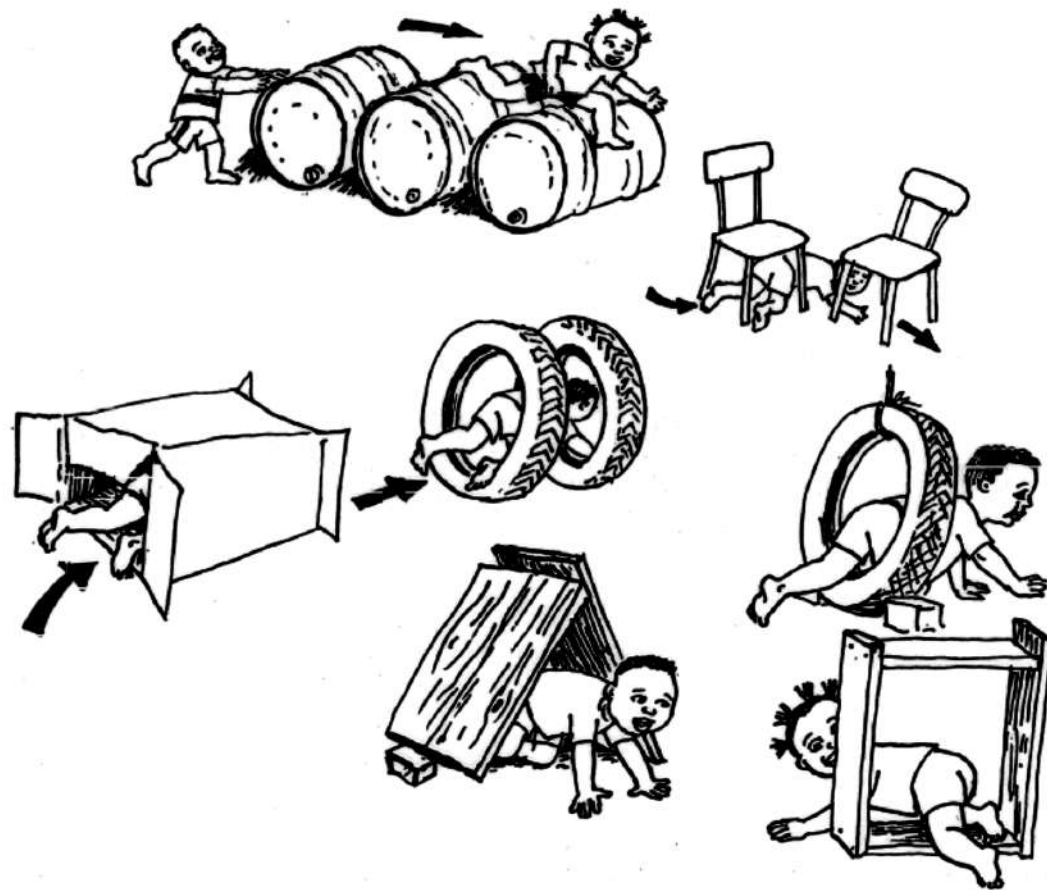





## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Objects to build obstacle courses.</li><li>• Rolled-up newspapers, socks, light balls</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials and paper</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
<p>Warm-up and stretches</p> <p>Balancing, climbing, running, jumping, crawling, walking, kicking, throwing.</p>	<ul style="list-style-type: none"> <li>• Create age-appropriate warm-up and stretches.</li> <li>• Combine different locomotor and throwing and catching activities in obstacle courses.</li> <li>• Divide children into groups and provide them with objects to build their obstacle course. Use objects available from the surroundings.</li> <li>• Let children do all different courses.</li> </ul>  <p>The illustration shows two scenes of children playing. On the left, a boy is sitting on a chair, holding a can, with another chair and a box nearby. On the right, a boy is jumping over a box, and a girl is jumping over a series of tires and boxes, with a box and tires also on the ground.</p>





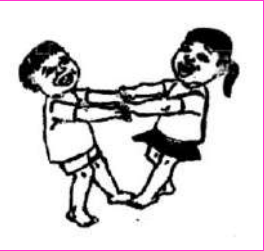

WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b> 	<ul style="list-style-type: none"> <li>• Do not do drugs.</li> <li>• Take medicine only as described.</li> </ul>
<b>Heart helper (include in warm-up)</b> 	<ul style="list-style-type: none"> <li>• Play sock hockey or broom hockey or similar games.</li> <li>• Divide children into age groups.</li> <li>• Play until children breathe harder.</li> </ul>
<b>Life skills</b> 	<ul style="list-style-type: none"> <li>• Cooperation and sharing</li> <li>• Decision making.</li> <li>• Problem solving.</li> <li>• Personal safety and health.</li> </ul>

## Muscle strength



- Stand on all-fours.
- Arms shoulder width.
- Bend elbows, keep back straight.
- Straighten elbows again. Repeat.



FUN ACTIVITIES	What to do.....
<b>Paint and print</b> 	<ul style="list-style-type: none"> <li>• Create patterns by dipping objects in paint and then print them on paper.</li> <li>• Use different colours.</li> <li>• Work in small groups.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing songs while painting and printing.</li> </ul>
<b>Dance</b> 	<ul style="list-style-type: none"> <li>• Dance in groups of 3, then 6 and then 10 children.</li> <li>• Sing while dancing.</li> <li>• Use home-made musical instruments to create rhythm.</li> </ul> 



## Play



- Play sock hockey with rolled-up newspapers and a sock or a light ball.
- Divide children into small groups to increase activity level.



## Reflect and clean-up




- Talk about things that are not safe in and around your house. How can we make it safe?
- Involve all children in clean-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Objects to dribble around</li><li>• Bats, rolled-up newspaper, sticks</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Skip	<ul style="list-style-type: none"> <li>• Skip around freely.... In a straight line around objects In a circle...change direction in the circle. In a square...change direction....</li> <li>• Divide children in age-groups.</li> </ul> <div data-bbox="855 853 1989 1300">  </div>

## Dribble and kick

- Dribble a big ball in a straight line.....  
With right hand  
With left hand  
With left foot  
With right foot.
- Dribble and kick to partner.



- Dribble a big ball around objects.....  
With left foot  
With right foot  
With right hand  
With left hand.....

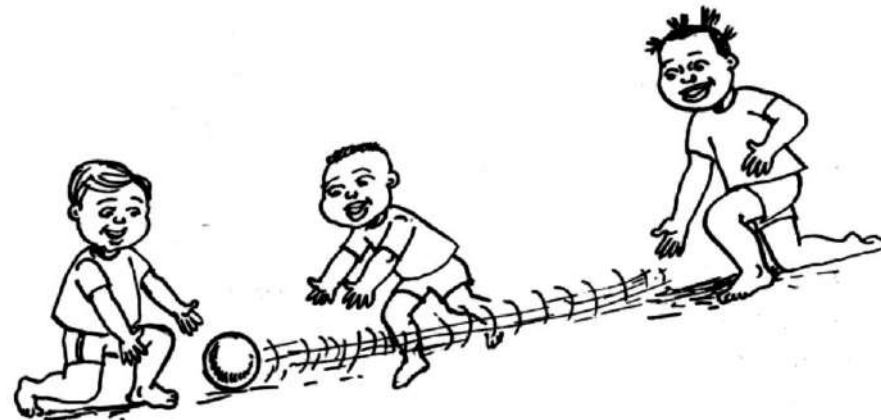
- Dribble around objects and then kick to target.



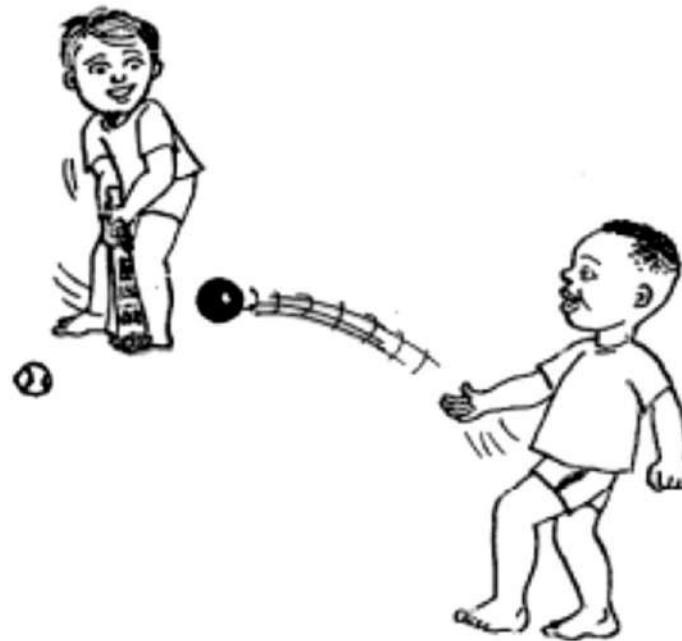


## Roll , throw and hit a ball

- Work in 3's.
- Roll a ball to a partner.
- 3<sup>rd</sup> person try and catch it. Increase distance between rollers.
- Change places: 2 becomes 1; 3 becomes 2; 1 becomes 3; 3 becomes 1; 1 becomes 2; 2 becomes 3.

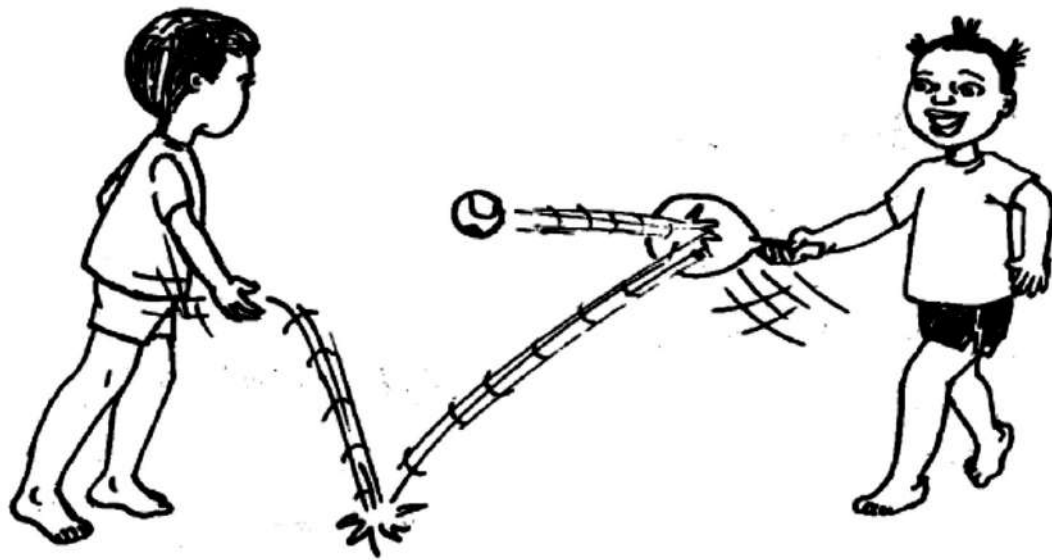


- Roll a big ball to a partner who hits it with a rolled-up newspaper or bat.
- Roll the ball slowly.
- Increase speed of ball.








- Throw a ball underhand to a partner.
- Throw and hit with right hand and left hand.
- Switch partners.



- Divide children into teams according to age groups and ability.
- Have enough bats and balls for each child.
- Change batters, throwers and fielders.





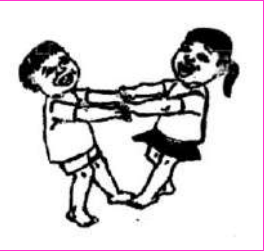
WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Respect the weather. Go inside when there is lightning.</li> <li>• Be careful when crossing rivers or streams.</li> </ul>
<b>Heart helper (include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Work in partners.</li> <li>• Try to step on your partner's shadow.</li> <li>• Switch partners.</li> <li>• Keep on until children breathe hard.</li> </ul>
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Control emotions and feelings.</li> <li>• Contributions to group effort.</li> <li>• Concern for others.</li> <li>• Personal safety.</li> <li>• Sharing.</li> </ul>

## Muscle strength



- Pull a partner of equal size and weight around on a towel or cardboard box.
- Bend knees when pulling and keep back straight.
- Use a safe space.



FUN ACTIVITIES	What to do.....
<b>Paint and paste</b> 	<ul style="list-style-type: none"> <li>• Collect small round rocks or pebbles.</li> <li>• Paint faces on rocks.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing a song about numbers.</li> </ul>
<b>Dance</b> 	<ul style="list-style-type: none"> <li>• Create a dance and perform it.</li> </ul>

## Play



- Play a game indigenous to your region.

## Reflect and clean-up




- Praise and encourage all children.
- Involve all children in clean-up.



## WHAT IS NEEDED?

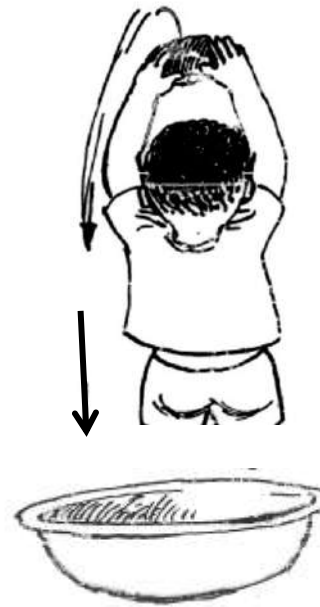
PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Bats, rolled-up newspaper, brooms, bean bags</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting and pasting materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"><li>• Create own warm- up and stretches.</li></ul>
Balancing with ball, beanbag and bat	<ul style="list-style-type: none"><li>• Balance on right leg. Switch legs.</li><li>• Pass bean bag or ball over head from right hand to left hand.</li></ul> 



- Throw bean bag backward into box while balancing on one leg.
- Switch legs.
- Increase distance from target.



- Bounce a ball with right hand while standing on one leg.
- Switch hands and legs.

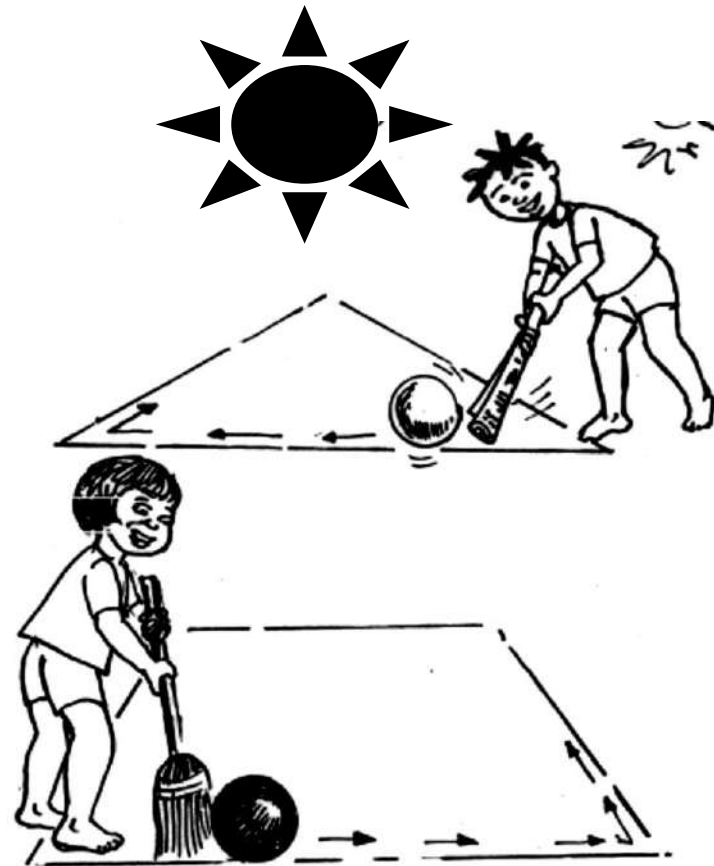


- Balance bean bag on bat while ....  
Walking...  
Balancing on one leg. Alternate legs and hands.



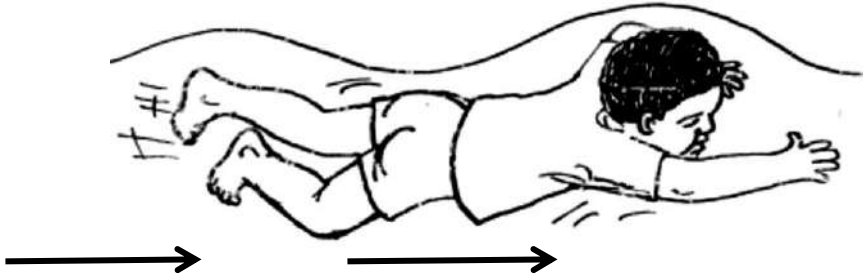


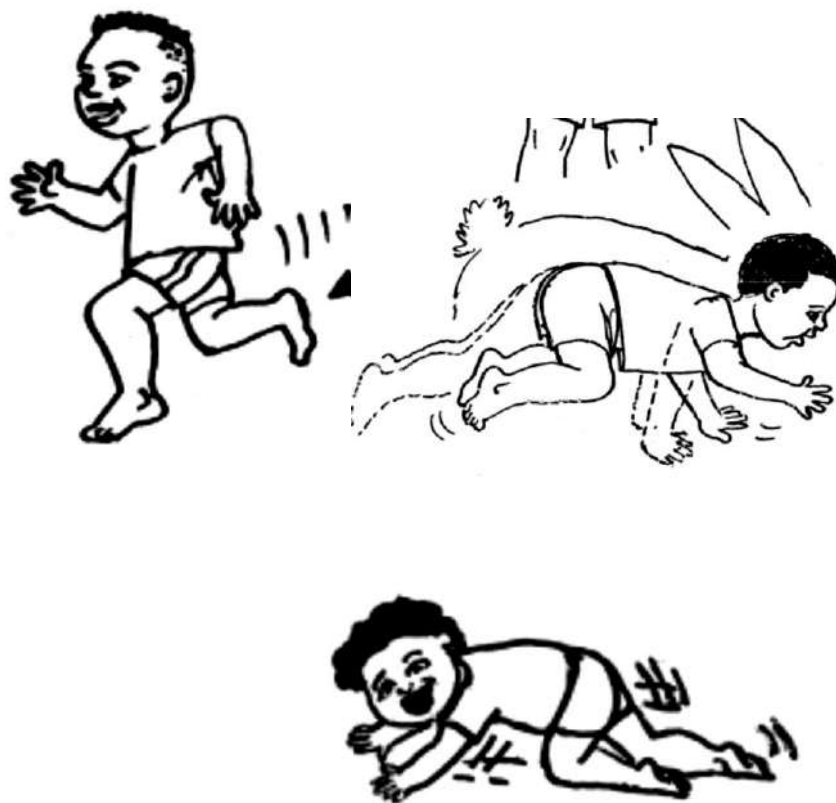
## Dribbling with bat, broom and ball

- Dribble a light ball with a rolled-up newspaper, broom or bat.
- Dribble a ball along a triangle, circle, square, diamond pattern.





WELLNESS ACTIVITIES	What to do.....
<p data-bbox="206 394 465 432"><b>Healthy habits</b></p> 	<ul data-bbox="828 394 1697 614" style="list-style-type: none"> <li>• Always wash hands after using the bathroom.</li> <li>• Always hands before touching food.</li> <li>• Protect your eyes from the sun.</li> </ul>
<p data-bbox="206 769 577 847"><b>Heart helper (include in warm-up)</b></p> 	<ul data-bbox="828 769 1400 1023" style="list-style-type: none"> <li>• Move around freely like a..... Rabbit... Snake.... Giant.... Mouse.... Frog.....</li> </ul> 



## Life skills

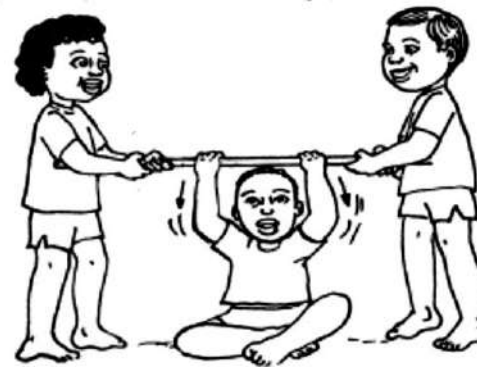


- Self-responsibility.
- Perseverance.
- Cooperation.
- Responsibility.




## Muscle strength



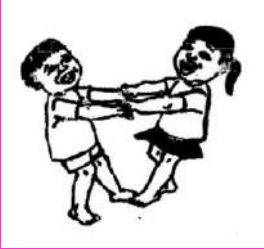
- Shoulder, arm and back strength.
- Two children hold a broom stick. Third child tries to pull him/herself up using underhand grip.





FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Paint or draw a picture of what you see in your surroundings.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Learn and sing a song in another language.</li> </ul>
<b>Storytelling</b> 	<ul style="list-style-type: none"> <li>• Use your painting to tell a story about your surroundings.</li> </ul>

## Dance

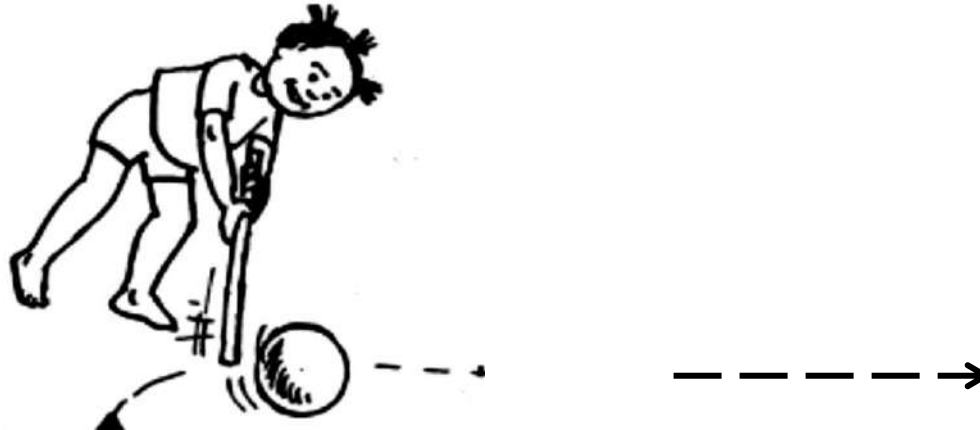


- Dance like a.....  
Elephant...  
Rabbit...  
Antelope...  
Tortoise...  
Giraffe...

## Play



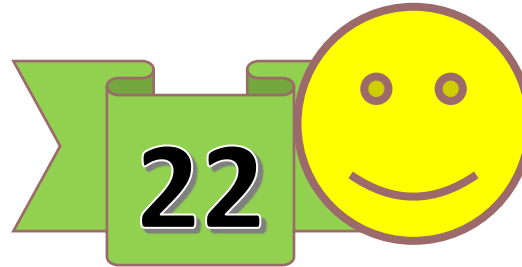
- Play a relay game by dribbling a ball between 2 lines.



### Reflect and clean-up



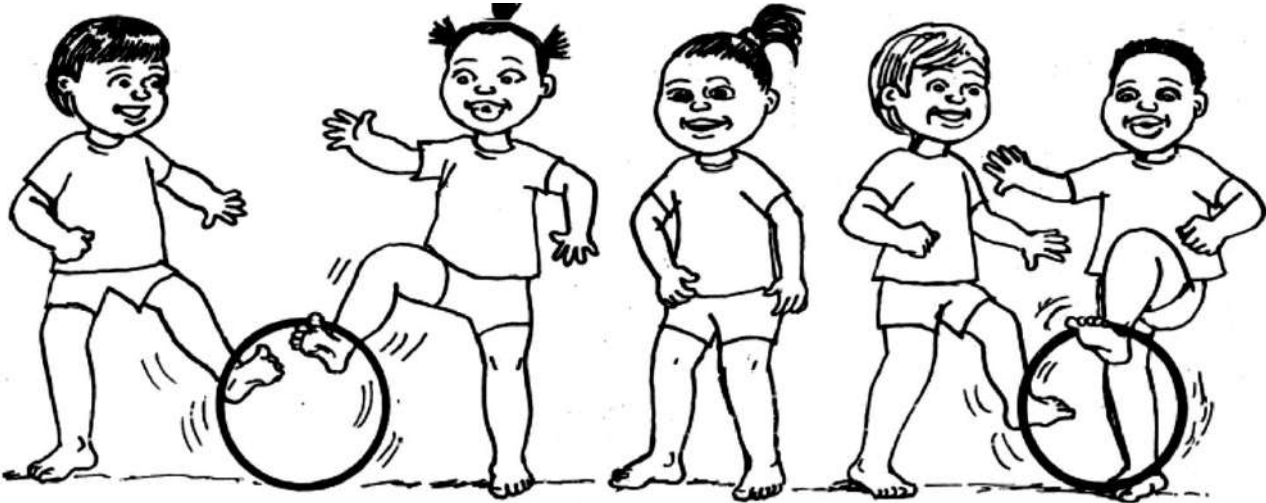
- Talk about children's chores at home.
- Involve all children in clean-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Different sizes balls</li><li>• Bats, hoops, rolled-up socks, crushed newspaper balls.</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li><li>• Glue, pictures, empty tins, small boxes,</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own age-appropriate warm-up and stretches.</li> </ul>
Balancing	<ul style="list-style-type: none"> <li>• Work with a partner.</li> <li>• Pass hoop between partners using..... Feet...arms....necks.</li> <li>• Make group bigger and use more hoops.</li> </ul> 

## Hitting a ball

- Suspend rolled socks or crushed newspaper balls in a mesh bag from branches.
- Adjust height according to age groups.
- Hit the ball with ...  
Right hand  
Left hand  
Bat.....



## Rope jumping



- Skip rope staying in one place.
- Skip ten times....
- Twenty times without stopping.
- Skip while moving forward....backward.



- Work in 3's
- Jump over the rope with right leg, left leg...both legs.
- Change partners.
- Turn the rope full circle and jump.
- Sing a song while jumping.





WELLNESS ACTIVITIES	What to do.....
<p data-bbox="203 312 465 347"><b>Healthy habits</b></p> 	<ul data-bbox="831 312 1816 443" style="list-style-type: none"> <li>• Take care of your belongings and your environment.</li> <li>• Get enough sleep daily.</li> </ul>
<p data-bbox="203 687 577 767"><b>Heart helper (include in warm-up)</b></p> 	<ul data-bbox="831 687 1912 1126" style="list-style-type: none"> <li>• Put different objects in a cardboard box or big bin.</li> <li>• Take objects out and toss them in different directions and distances.</li> <li>• Children pick it up, run back and place it in the box.</li> <li>• Toss them out again as they bring them back.</li> <li>• Repeat until children breathe hard.</li> </ul>

## Life skills






- Respect other people's possessions.
- Care for others and environment.

## Muscle strength



- Leg, back and core strength.
- Push against your partner.



FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Mix paint and glue and paint a picture.</li> <li>• Stick leaves, feathers, sand, small pebbles to the glue and paint mixture.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Sing songs while skipping rope.</li> </ul>
<b>Storytelling</b> 	<ul style="list-style-type: none"> <li>• Tell a story about the picture you created.</li> </ul>

## Play



- Play rope skipping games.

## Reflect and clean-up



- Talk about children's dreams and hopes.
- Involve all children in clean-up.



## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Balls, bats</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Sculpting materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own warm-up and stretches.</li> </ul>
Balancing	<ul style="list-style-type: none"> <li>• Balance a ball on a bat.</li> <li>• Walk forward with ball on bat.</li> <li>• Drop ball on target.</li> <li>• Repeat walking backward and sliding sideways.</li> </ul> <div data-bbox="1077 730 1765 1145" data-label="Image"> <p>The illustration shows two children. The child on the left is holding a bat with a ball balanced on it. The child on the right is dropping the ball from the bat onto a target on the ground. A dashed line with an arrow indicates the path of the ball from the bat to the target.</p> </div> <ul style="list-style-type: none"> <li>• Hit ball after dropping it on target.</li> </ul>

## Drop, kick, hit and catch

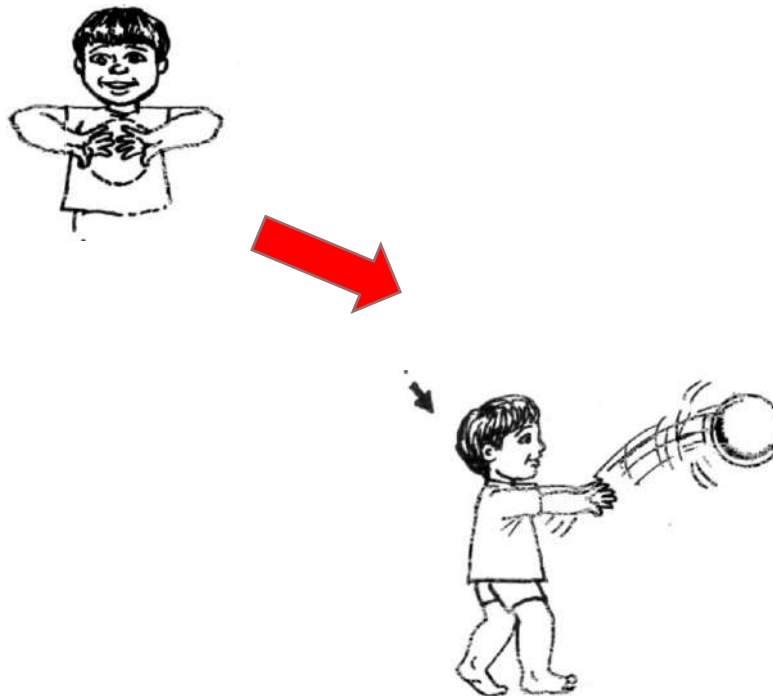
- Work in pairs.
- Use big ball.
- Drop ball and kick with right foot and left foot.
- Partner catches ball and kick back.



- Increase distance apart.
- Repeat while walking.




## Chest pass

- Work in pairs.
- Use big ball
- Hold ball against chest with hands behind the ball.
- Keep elbows out.
- Straighten arms and pass to partner. Partner catches and return.



- Make a circle. Use more than one ball and chest pass balls to next person in circle.
- Make more than one circle to increase tempo of activity.



WELLNESS ACTIVITIES	What to do.....
<b>Healthy habits</b>  	<ul style="list-style-type: none"> <li>• Laugh and smile.</li> <li>• Play with your friends.</li> <li>• Help others in your household and your community.</li> </ul>
<b>Heart helper (include in warm-up)</b>  	<ul style="list-style-type: none"> <li>• Draw a big circle, square and triangle on the ground.</li> <li>• Children run around the outlines of the shapes.</li> <li>• Change direction and shapes.</li> <li>• Let children run along all the shapes at the same time to increase activity level.</li> </ul>
<b>Life skills</b>  	<ul style="list-style-type: none"> <li>• Cooperation.</li> <li>• Resilience.</li> <li>• Perseverance.</li> </ul>

## Muscle strength






- Push feet against a partner's.



- Do adapted push-ups.



FUN ACTIVITIES	What to do.....
<b>Paint</b> 	<ul style="list-style-type: none"> <li>• Paint your country's national flag.</li> </ul>
<b>Sing</b> 	<ul style="list-style-type: none"> <li>• Learn to sing and practice your country's national anthem.</li> <li>• Show respect when you sing your national anthem.</li> </ul>
<b>Storytelling</b> 	<ul style="list-style-type: none"> <li>• Show one of the pictures the children painted to the group.</li> <li>• Ask them to create a story about it.</li> <li>• Let one child start with the story, then ask the next child to continue.</li> <li>• Repeat until all children had the chance to add to the story.</li> </ul>

### **Dance**



- Practice and perform cultural dances from your country.

### **Play**



- Play games indigenous to your region.

### **Musical instruments**



- Use your home-made musical instruments when dancing.

### Reflect and clean-up



- Talk about your country's national symbols.
- Involve all children in clean-up.

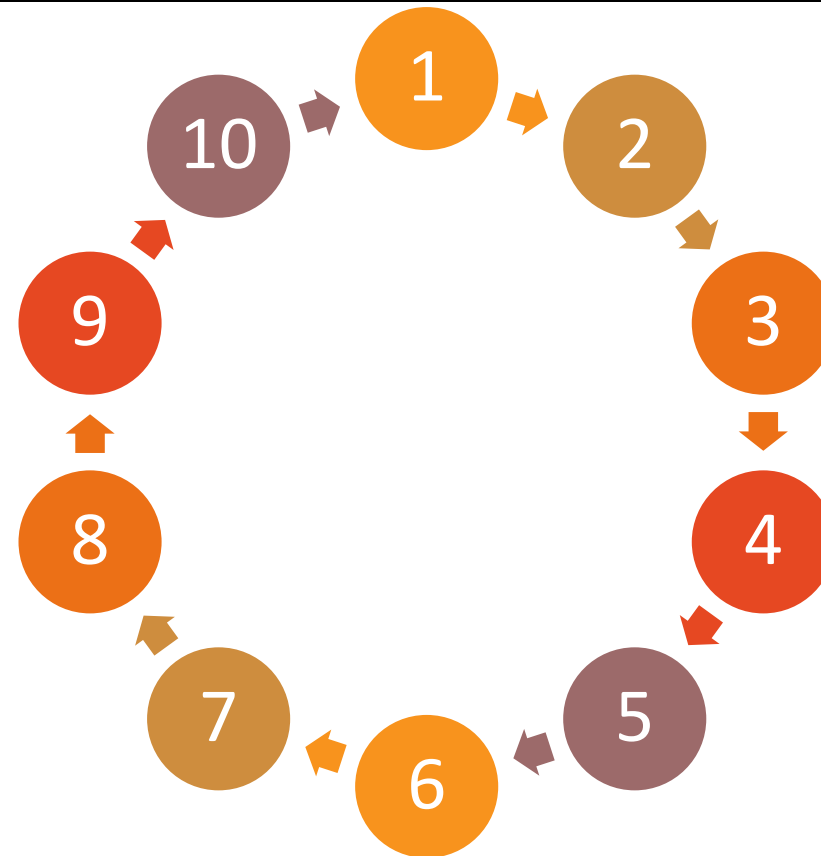


## WHAT IS NEEDED?

PHYSICAL ACTIVITIES	WELLNESS ACTIVITIES	FUN ACTIVITIES
<ul style="list-style-type: none"><li>• Activity leaders</li><li>• Safe open area</li><li>• Materials to present activities at 10 stations for the fun day.</li><li>• Clean drinking water and shelter</li></ul>	<ul style="list-style-type: none"><li>• Safe open area</li></ul>	<ul style="list-style-type: none"><li>• Safe area</li><li>• Painting materials</li></ul>

# WHAT TO DO:

PHYSICAL ACTIVITY	What to do.....
Warm-up and stretches	<ul style="list-style-type: none"> <li>• Create own warm-up and stretches.</li> </ul>
Fun Day	<ul style="list-style-type: none"> <li>• Organise a fun day with different activities.</li> <li>• Select 10 activities that combine running, balancing, bouncing, jumping, hopping, rolling, throwing, catching, hitting, dribbling and kicking.</li> <li>• Divide children into age-appropriate groups of no more than 5 children per group.</li> <li>• Lay-out equipment at all 10 stations.</li> <li>• Place a helper or leader at each station to supervise.</li> <li>• Place a group of children at each station.</li> <li>• Groups start at the same time doing activities at each station.</li> <li>• After 5 minutes, stop and group move to next station.</li> <li>• Groups move on a rotation basis to complete all activities.</li> </ul>

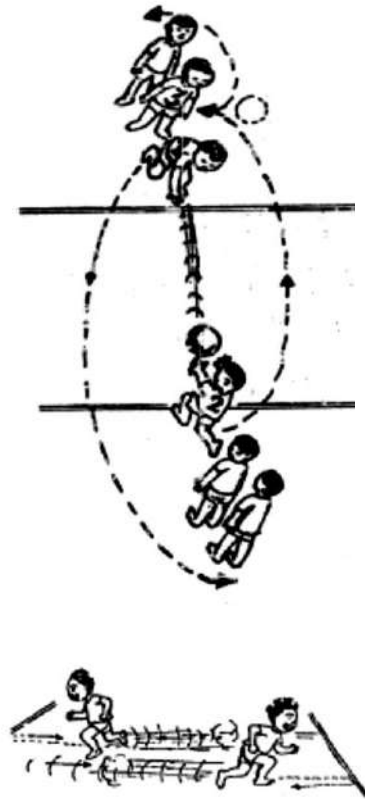


- Consider the following activities for the 10 stations.
- You can also add your own activities.



**Running**



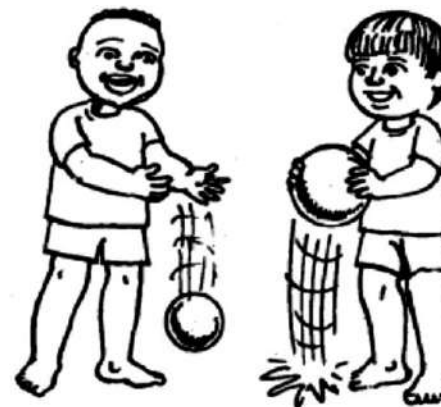


## Dribbling





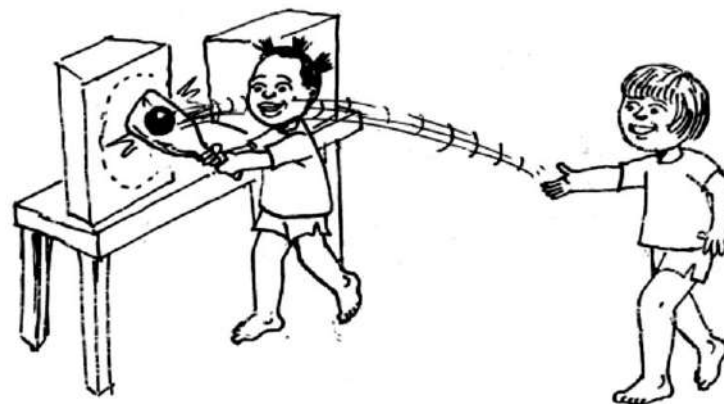
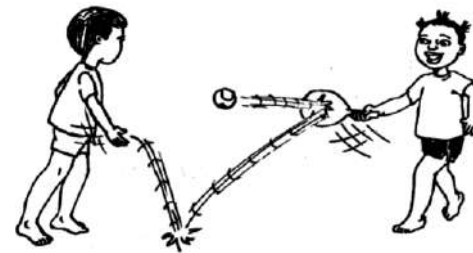
## Bouncing and walking/running



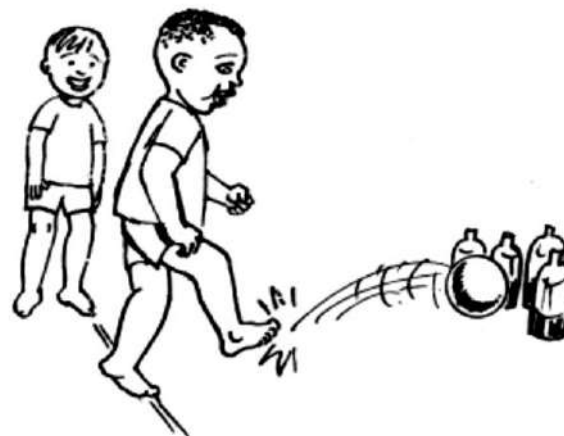
## Jumping



## Hitting

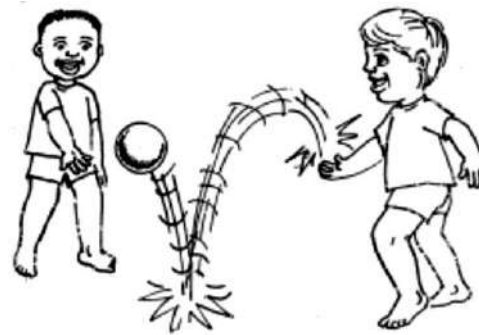


## Kicking

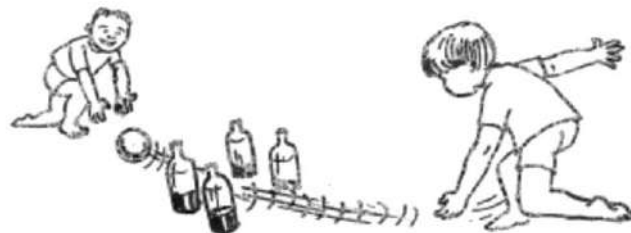




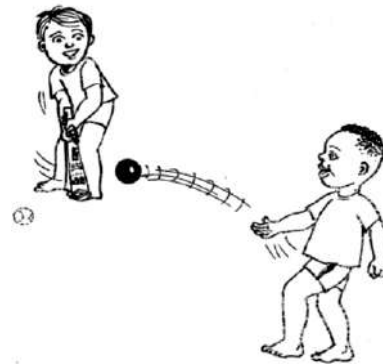
## Throwing and catching



## Rolling and catching



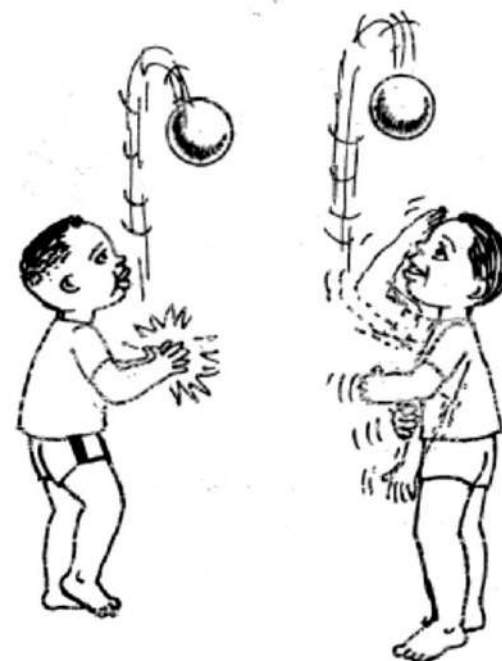
## Throwing and hitting



## Throwing



## Throwing and catching



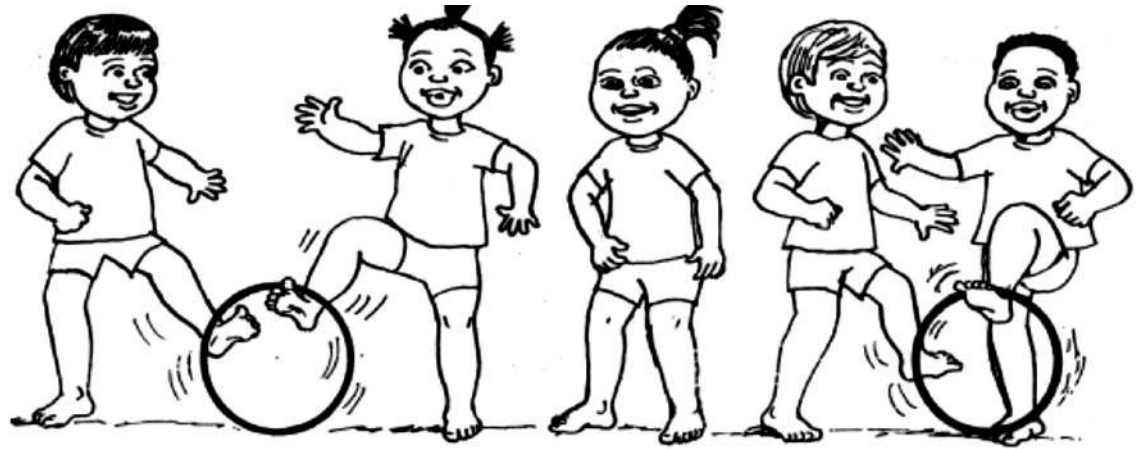
## Skipping



## Rolling with your body



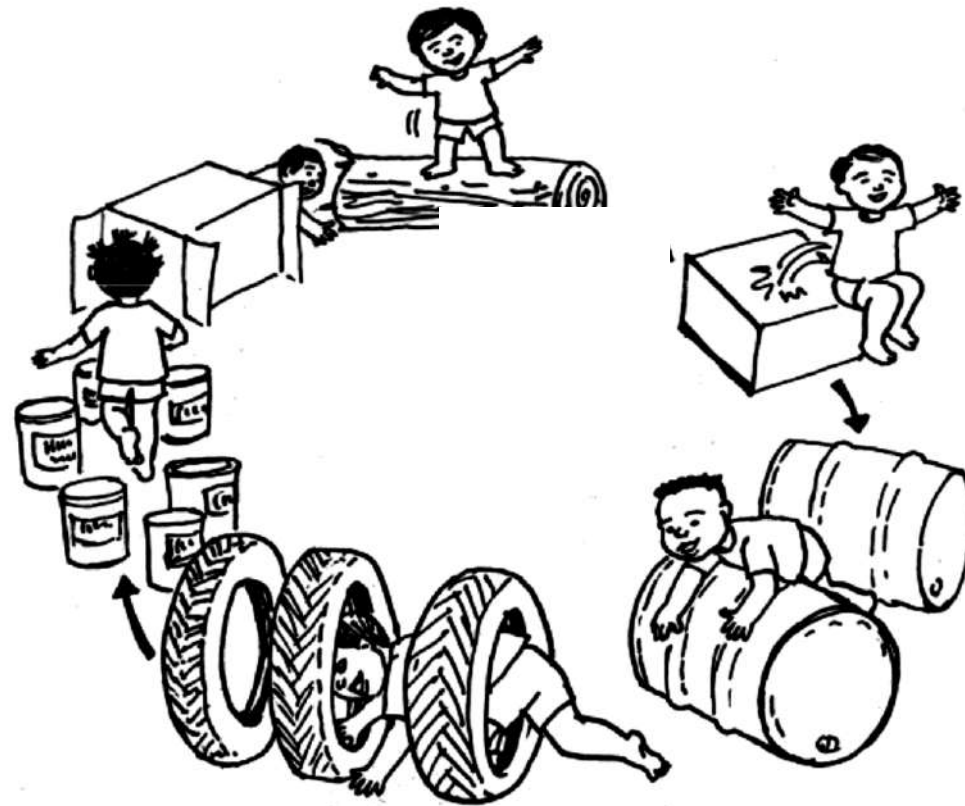
## Balancing

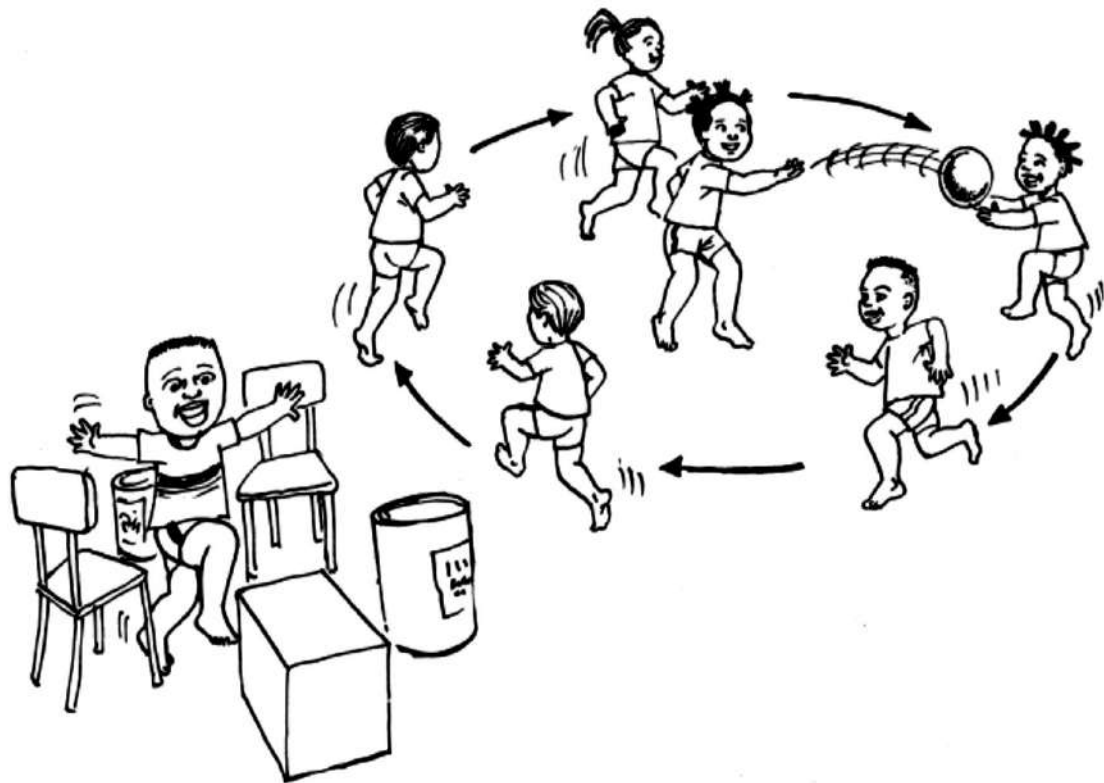


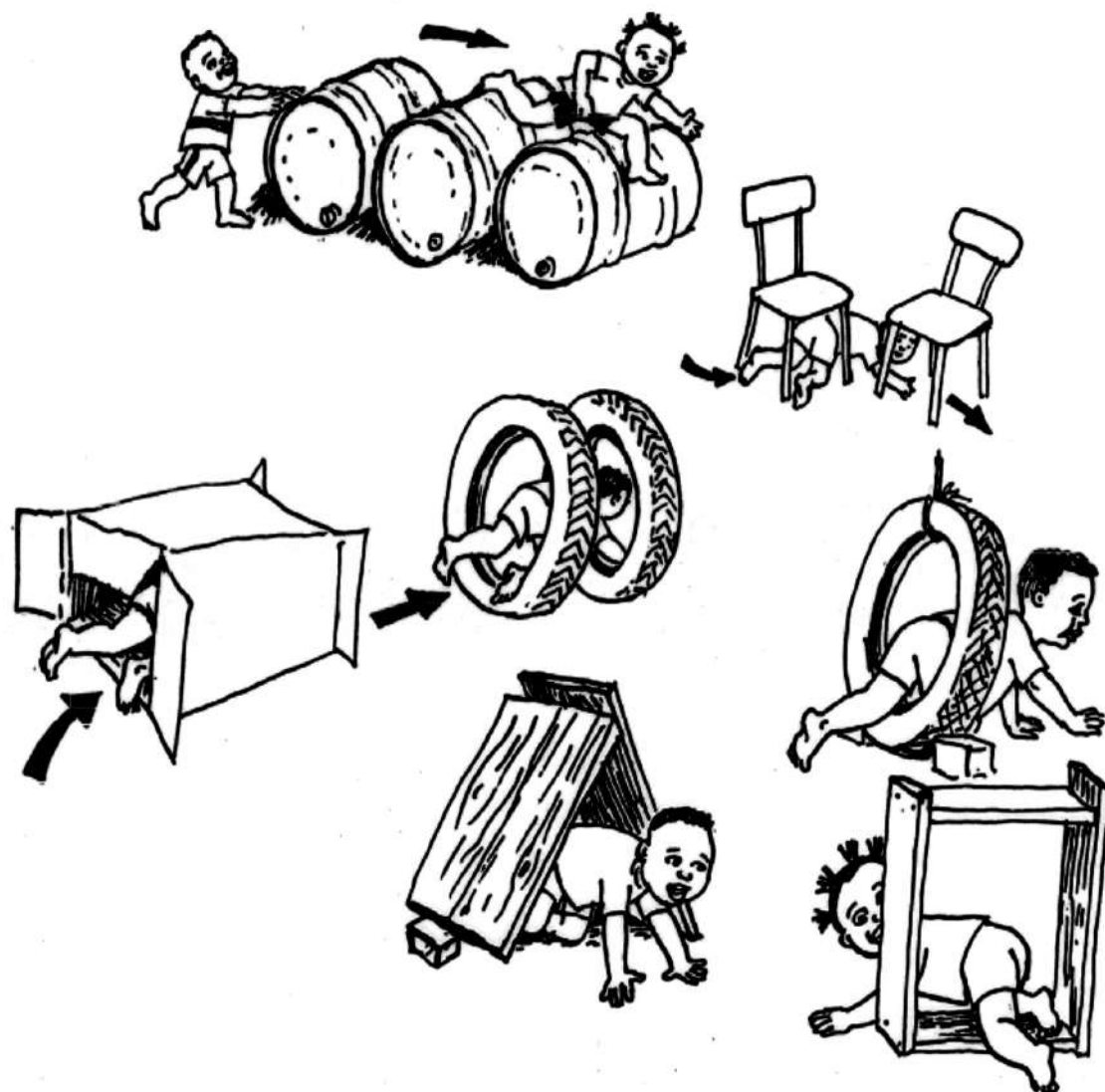


## Examples of combinations









# CONCLUSION

**Early childhood presents an optimal opportunity to develop basic motor skills that could translate into later life sport participation and lifelong physical activity.**

**Fun activities and wellness activities complement motor skill development to assist in developing the total well-being of active and healthy children.**

**This resource explained principles of basic motor skills and how to apply it in sessions to facilitate healthy and active children.**

**Sample lessons were provided to facilitators using this resource as a starting point. As facilitators gain experience they are encouraged to adapt activities and add their own activities to enrich children's experiences.**