



Physical Development

Help develop children's stability, spatial awareness, co-ordination and agility.



Instructions:

Ask the children to copy the balancing poses in the images (if you wish, you can demonstrate ☺), and ask them to hold each pose for a count of three (or more if you wish!).

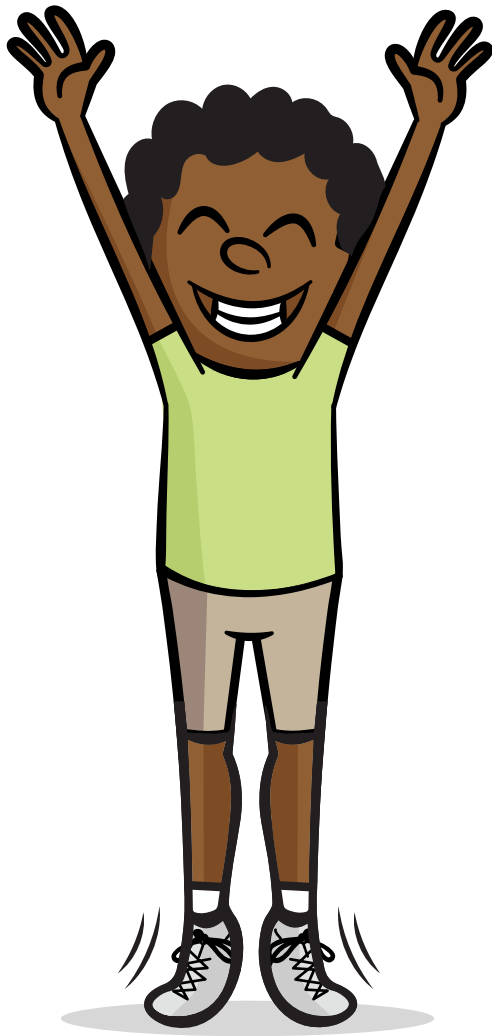
Unless it's a hop or a jump, when you could ask them to do this three times (or more if you wish!).

You could also use the PowerPoint to help you display the moves in class.

Captivating
Classrooms™



from **iChild**

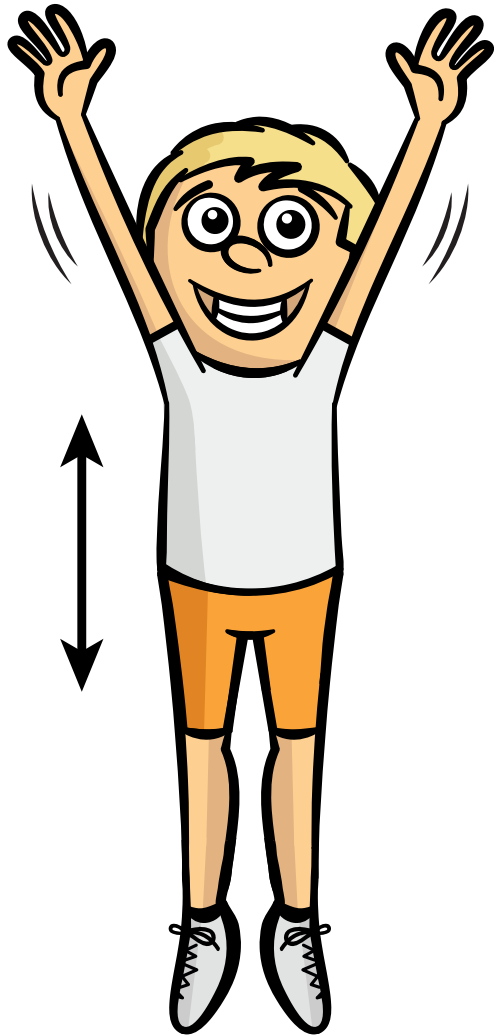


**Stand on your tiptoes, raise
your arms in the air!**



**Raise your arms above your
head. Stretch from side to side.
Hold for a count of 1, 2, 3!**



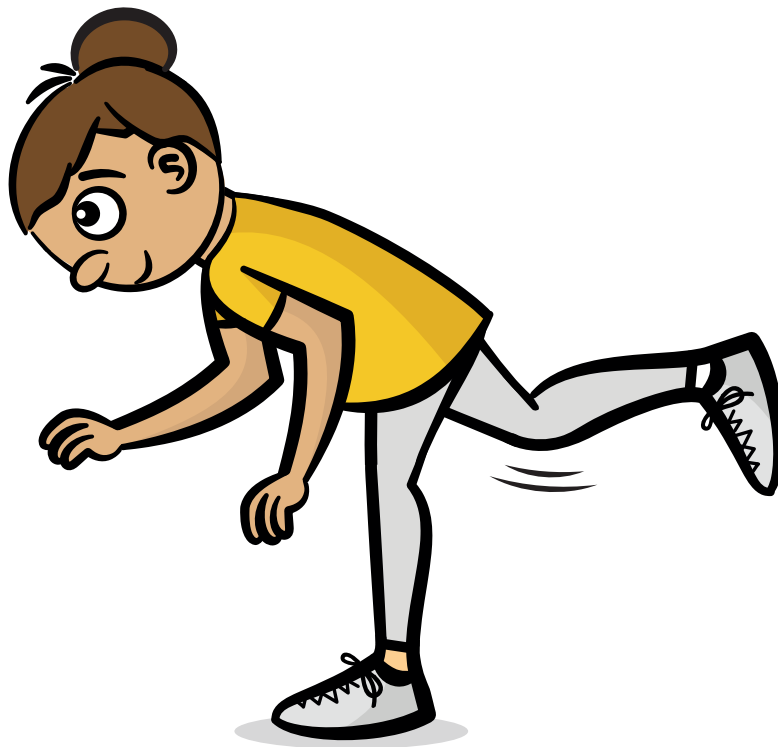


Jump up and down

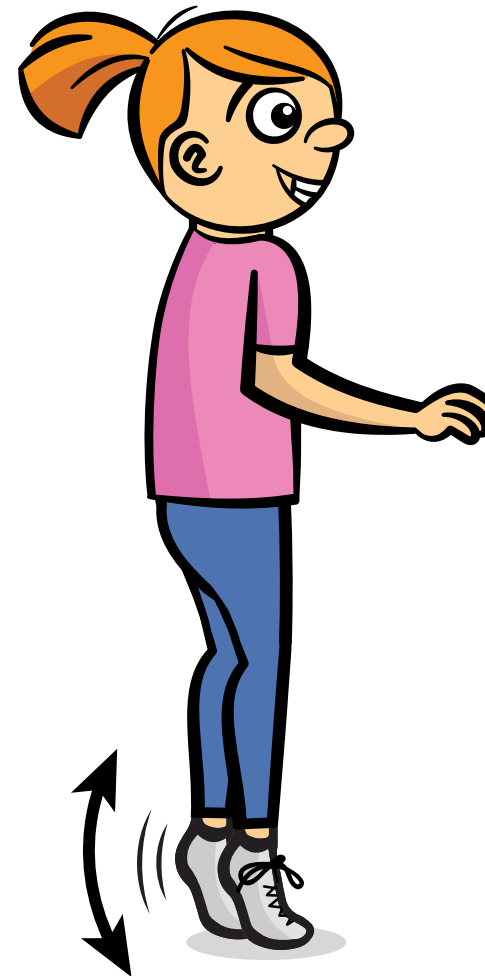


Stand on one leg





**Stand on one leg, bend forwards
and bring the other leg up.
Then swap and do the other leg!**

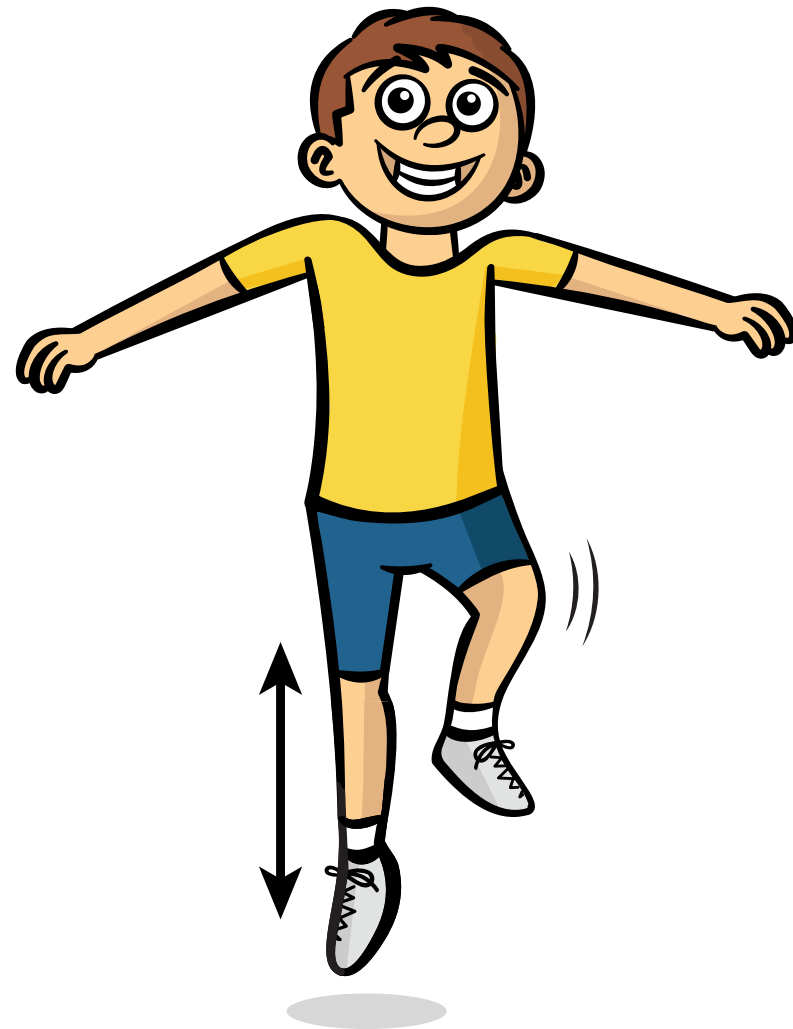


**Stand on tiptoe:
Up, down! Up, down!**





Stand on one leg and swing your other leg and opposite arm from side to side in front of you



Hop on one leg

