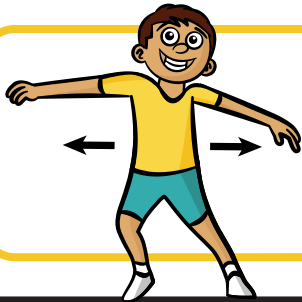


Let's Get Moving!

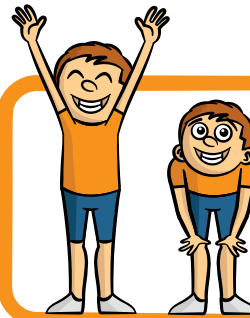
March on the spot!



Stretch out your arms and swing your body from side to side!



Stretch your arms up to the sky then bring your arms down to your knees!



Bend your legs and pat your knees!



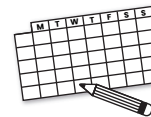
Do a star jump!



Physical Development

Developing children's coordination.
Developing children's gross motor skills.
Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being.

Instructions:



Demonstrate these exercises and let the little ones copy your movements! (You could just explain the star jump if you'd prefer ☺)

Then fill out the chart on the next page with the children's daily exercises!

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

**Captivating
Classrooms™**



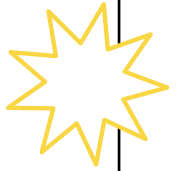
from **iChild**



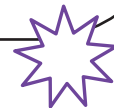
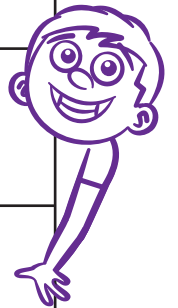
Name.....



Let's Get Moving!



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
							
							
							
							
							



Well done!

