



FAMILIES

WHY DOES

BEING ACTIVE MATTER?

Being active is important for healthy growth and development. Movement skills are the building blocks children need to be active and learning them helps children develop:

CONFIDENCE

SELF ESTEEM

STRENGTH

FITNESS

TRY THIS FAMILY GAME: TAIL TAG

Equipment: Bucket and tails

Put the bucket in the middle of the play area. Use pieces of ribbon, fabric or rope as 'tails'. Each child tucks a tail into their waistband. Children run around and try to take other people's tails. Once they get one they put it into the bucket. The person who loses it collects a tail from the bucket.

Basic Movement Skill: Running

Remind child to :

- Focus eyes forward
- Lift knees high
- Bend arms at elbows.
- Swing arms in opposite direction to legs.

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CHILDREN (3-5 YEARS)

HELP YOUR CHILD

LEARN MOVEMENT SKILLS

Give children (3-5 years) plenty of fun opportunities to practice movement skills. You will be amazed how quickly they pick up these skills:

KICK

HOP

LEAP

ROLL



TRY THIS GAME: BALLOON KICK

Equipment: Balloon for each child

Blow up balloons and encourage children to keep them in the air by kicking it. One child can do this or a small group can do it in a circle.

Basic Movement Skill: Kick

Remind child to :

- Focus eyes on balloon
- Kick the balloon with top of foot

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TODDLERS (18-36 MONTHS)

HELP YOUR TODDLER

LEARN MOVEMENT SKILLS

Toddlers (18-36 months) can start learning the basics of movement skills. Encouragement and practice will help them learn the following:

JUMP

THROW

BALANCE

CATCH



TRY THIS GAME: FOOTPRINT PATHS

Equipment: Chalk (outdoors) or Paper (indoors)

Draw a range of different footprints on concrete outside or on paper inside. You could include animal footprints or trace around each other's feet. Spread the footprints out in a straight line, zigzag or circle making sure they are close enough to jump from one to the next.

Basic Movement Skill: Jump

Remind child to :

- Focus eyes forward
- Bend knees
- Land on balls of feet

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BABIES (0-18 MONTHS)

HELP YOUR BABY GET READY TO

LEARN MOVEMENT SKILLS

Although babies (0-18 months) are not capable of basic movement skills, there are many activities you can do that will help them with basic skills like:

BALANCE

HAND EYE COORDINATION

REACHING

GRASPING



TRY THIS GAME: CATCHING BUBBLES

Equipment: Bubble mixture and blower

Blow bubbles and encourage your baby to watch the bubbles and try to catch them.

As your baby watches the bubble and reaches for it, talk them through what they are doing.

Basic Movement Skill: Reach and Grasp

Talk your baby through the steps:

- "Watch the bubble."
- "Reach for the bubble."
- "Catch the bubble."

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