

Kids – ‘Go for your life’

Fun activities for children... **2 – 4 years**

Batting

Keep it Up

Equipment:

Beach ball or balloons

- Ask the children to spread out.
- They have to keep the ball/balloon in the air by tapping it with their hands or other body parts.

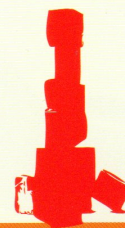
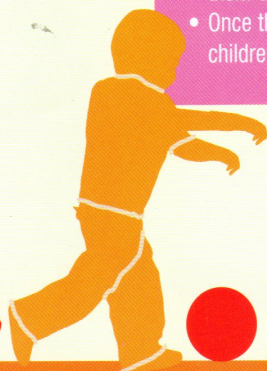


Kicking

Targets

Equipment: Medium sized balls, building blocks (empty food/milk cartons)

- Set up the blocks at one end with the children at the other end.
- The child kicks the ball at the blocks aiming to knock them down.
- Once the blocks are knocked down encourage the children to build it up again.

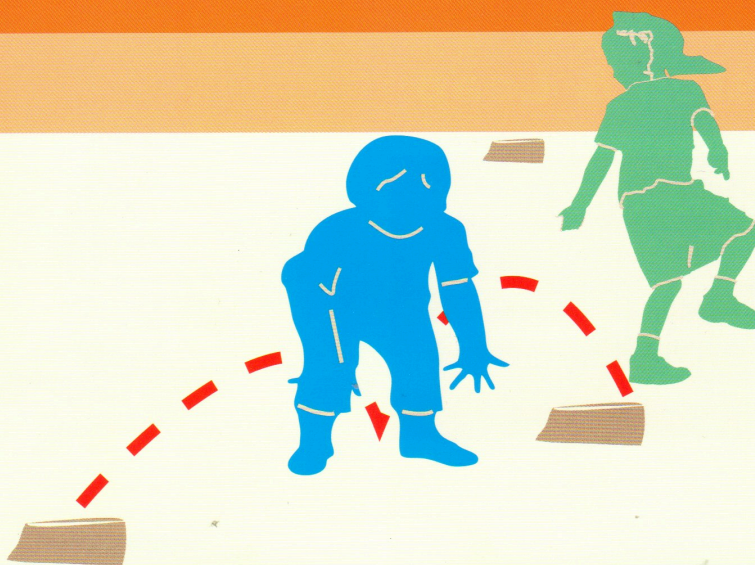


Jumping

Kangaroo Circuit

Equipment: Markers (ice cream containers) or hoops

- Put the markers in a circuit.
- Get the children to jump around the circuit acting like kangaroos.



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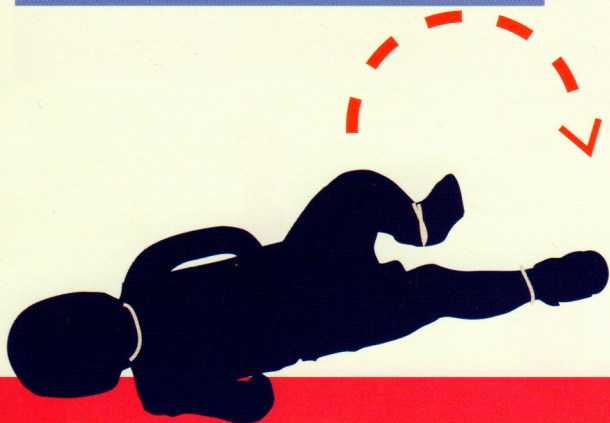
2 – 4 years

Multi-Skills

Bike Pedalling

Equipment: Blanket/carpet

- Ask the child to lie on their back, with their hands underneath their hips.
- Lift the bottom up off the floor, legs in the air.
- Ask them to move their legs like they are pedalling a bicycle.



Hopping

Bilby Holes

Equipment: One marker (e.g. masking tape) per child

- Put all the markers out on the floor in a clear space.
- These markers are 'bilby holes' and must be carefully hopped around.
- The leader calls 'To your bilby holes!' and each child hops to their own bilby hole.
- Encourage lost children to find a bilby hole.



Leaping

Listen & Leap

Equipment: Musical instrument (tambourine, clap sticks, recorder, etc.)

- Make sure there's enough space.
- Ask the children to run around and then leap into the air when they hear the musical instrument.

