



Irish Primary Physical Education Association (IPPEA)

7th Annual Conference

Mary Immaculate College of Education, Limerick

Saturday March 20th 2010

Physical Activity Ideas for the Infant Setting

Presenter's Name: Orla Howlin

1. Physical Activity breaks inside and outside classroom/lesson transitions/warm-up/cool-down

- Using music to accompany you (from CD as given during workshop) these activities can be used at any of the above times with your infants.
- **Bizzy Breaks** (Irish Heart Foundation) (CD instruction given) - For each school two sets of this resource, including poster, teacher's notes and CD can be ordered and posted FREE from the **Irish Heart Foundation on 01-6685001**
- **Shake it...1,2,3,4 (wrists, legs)**
 - Children shake their left wrist high in the air 1,2,3,4
 - Children shake their right wrist high in the air 1,2,3,4
 - Children shake their left leg 1,2,3,4
 - Children shake their right leg 1,2,3,4
 - Repeat above this time for 1,2
 - Repeat for 1
 - Relax.
- **Jelly on a Plate (action rhyme)**
 - Ask the children to stand in a space. Teach them the rhyme a verse at a time, showing them appropriate actions.
 - 'Wibble wobble' can be a gentle movement of the arms, legs or whole body.
*Jelly on the plate, jelly on the plate,
Wibble wobble, wibble wobble,
Jelly on the plate.*

Jelly on the floor, jelly on the floor, (children lie on their back)...

Jelly straight and tall, jelly straight and tall (the children stand up and stretch high)...

Jelly far and wide, jelly far and wide, (the children make themselves as wide as they can, arms and legs outstretched)
Jelly side to side, jelly side to side, (the children sway to the left and to the right)

*Jelly on the plate, jelly on the plate
Wibble wobble, wibble wobble,
Jelly on the plate.*
- **Shakin 'it** (CD instruction given)
- **Hop, Skip and Jump** (CD instruction given)
- **Jumping Jack's Song** CD instruction given)
- **Dr. Knickerbocker** (Singing Sherlock ISBN 0851623522)) (CD instruction given)
- **Bean Bag Boogie** (CD instruction given)
- **Reach up high** (CD instruction given)
- **Wake Up** (CD)

2. Athletics/gymnastics/games activities using hula hoop

Individual activities with hoop:

- Put hoop on the ground and carefully walk round outside and on whistle change direction. Try skipping/hopping/running or travelling backwards
- Jumping in and out of hoop-*'how can you jump in and out of your hoop?'* Experiment with forwards/backwards/sideways. Practice 5 basic jumps (2f-2f; 1f-2f; 1f-1f (same foot); 1f-1f (other foot); 2f-1f)
- Roll the hoop along the ground (pushing hoop with one hand on top and one behind). Run to collect when it falls. As confidence increases can you chase your hoop and stop it before it falls?
- Thread the needle-Step into hoop and bring hoop over the head and place on the ground again. Pre-skipping: stand and hold the hoop in front of you and step completely through it so it goes over your head and back to original position.
- Target practice-using beanbags/quoits try throwing into hoop. Add 'bull's eye' to make activity more challenging.

Whole class activities with the hoop

- Everyone places hoops on the floor and walks/runs/skips/hops around the area. On whistle go to an empty one and jump quickly in and out of it again
- Everyone places hoops on the floor and walks/runs/skips/hops around the area. On whistle and word 'home' children go back to their original hoop and stand in it
- Everyone places hoops on the floor and walks/runs/skips/hops around the area. On whistle and word 'rabbit holes' go to any available hoop and stand in it
- Everyone places hoops on the floor and walks/runs/skips/hops around the area. On whistle and word 'baby rabbits' go to any available hoop, jump into it and curl up into a ball. (levels)
- 'Excuse me' and nest game

Pair-work activities with the hoop

- Hold hands with your partner and walk/skip/run. When the whistle blows find a free hoop/your home hoop and stand in it. Can sing 'Here we go round the hula hoops' as you go along.
- Stand behind your partner and hold waist to make a train and travel between hoops and when teacher calls out 'train back to the station' you and your partner find an empty hoop/home hoop to stand in.
- When in the hoop can sing 'ring a rosie' with partner
- Place hoop halfway between you and throw beanbag/bounce ball.

- Wagon wheel: Roll/bowl the hoop to your partner, not too far apart.
- One child holds hoop vertical and to the side while their partner steps through to the other side and changeover.

3. Large Ball Activities

- All sitting in a line passing overhead
- All standing in a line passing overhead
- All standing in a line passing under legs
- All standing in a line passing overhead under legs (every second person)

4. Athletics/gymnastic activities using skipping ropes

- Take a rope and put it in a straight line in a space. Walk/skip/hop around your rope with tiny steps on toes
- Jumping over and back across your rope taking care not to stand on it
- Run up to your rope and jump over it on 2 feet.
- Walk/run/skip around all the ropes and when you come to a free one can you jump over it? N.B if space is small make sure all ropes are in alignment
- Make a 'V' shape with your rope and walk/jump/hop all the way around it close to the rope with tiny steps. Can you jump across the bottom/top of the V? (springy steps and small steps)
- Make a 'C' shape (or 'S' if possible) with your rope and try same activity.
- Beginning skipping: Bring rope over head and step over it with one foot/jump over it with 2 feet. Rhythmic skipping unlikely to occur at infant level.

5. Folk dance activities

(a) Skip to my Lou

Preparation

Learn the song 'Skip to my Lou'

Chorus

Skip, skip, skip, skip to my Lou, (repeat three times)

Skip to my Lou darling.

Verse

Clap your hands, 1 and 2 (repeat three times)

*Skip to my Lou darling. **Chorus**.....*

Stamp your feet, 1 and 2 (repeat three times)

*Skip to my Lou my darling. **Chorus**.....*

Formation

- Children stand in a big circle beside their partner. The girl should be on the right of the boy.

The Dance

CHORUS

- Children hold hands, and take four steps into the centre, then another four steps back to their place, singing as they go. Repeat.

VERSE ONE

- Children clap own hands twice, then partner's hands twice. Do this four times, while singing verse one.

VERSE TWO

- Same as verse one but stamping feet instead of clapping while swinging arms in time to the music

(b) Birdy dance: children should be spread around area facing teacher

Part A:

- 4 counts-hands/fingers making 'beak' opening movements ("with a little bit of this")
- 4 counts-elbows/arms making wing flapping movements ("and a little bit that")
- 4 counts-twist and wiggle your body down towards the ground ("and a shake your bum")
- 4 counts-clap hands together 4 times

Part B:

- find a partner and link elbows and skip around them. Change arms/partners until music returns to Part A
- repeat until music stops

(b) The Highlife (African folk dance)

Formation

Whole class together

THE DANCE

PART ONE

Dancers do 8 step-and-bring-feet-together moves to the right and the same to the left. Bend at the waist and arms move with feet from the elbows making a sawing action. Head looks over left shoulder when going right and right shoulder when going left.

Repeat.

PART TWO

Dancers do 8 step touches alternating forward, then backward. Right foot steps out and ball of left foot comes in beside. Then left foot steps back and ball of right foot comes in beside (step, touch; back, touch). Repeat X 4. Then do the same action but stepping out on the left foot first. Repeat X 4. Arms are out to the side, bent at the elbows with palms facing up.

PART THREE

Dancers stand on the spot, hands joined together, 'prayer like'. 8 counts down towards the ground while moving hips from side to side. Keep hands in praying position and alternatively touch each shoulder on each count. * counts back up to upright position.

PART FOUR

Dancer stay on the spot and for 8 counts do hip circles while moving around in a circle clockwise. Then 8 counts going around anti-clockwise. Arms are in a rounded 'v' overhead with hands shaking.

6. **Creative dance activities** (using scarves as stimulus)

- Follow my leader with scarves; teacher models children copy; Waving scarf high/ waving scarf low/ waving scarf side to side/ passing the scarf around the body/ passing the scarf under legs/ waving the scarf around the head/ waving the scarf zig zag style/ making circles in front of the body with the scarf.

- Children stand in a circle, teacher calls a child into the middle and each have 10 seconds to do what they like with their scarf and everyone copies the action with the scarf

7. **Parachute activities**

- Go thorough basic activities first(basic lift/lift and release/shake/mushroom)
- Some alternatives:
Dominoes: One by one in Mexican wave style, slide onto your tummy onto chute (turn-taking)

Lights out: Lift up and take 2/3 steps inwards. Bring overhead and sit on the edges so all the class is under a 'tent'. Whilst underneath children can sing/say a poem/practise their tables/play catch the clap etc.

Funny Faces: Lift up chute and make a dome, lying down on your tummy and bringing chute around your ears so that all we can see are everyone's faces. Make sad/happy/angry faces

Fruit bowl: Each child gets a name of a piece of fruit. Lift chute and Teacher calls out name. Those children must swap places while others hold the chute up. Alternatively, they can crawl and change places or run to the centre and lie down and let the chute come down on top of them. Be careful of sensitive children.

References/useful resources/websites

- Primary School Sports Initiative (PSSI) CD rom. Set of lesson plans available on www.ppsds.ie
- Dancin' Time: CD/DVD box set. Available from Jacinta Mc Evoy
- Multicultural Folk Dance Treasure Chest (Vol 1&2;CD and DVD box set): Christy Lane. Available from Human Kinetics website or on Amazon
- www.scoilnet.ie Good athletics section for infant classes
- www.primaryresources.co.uk General PE section with a variety of games
- www.pecentral.org Good overall PE site. Adaptations required as it is quite 'American'
- www.teachingideas.co.uk Good for warm-up ideas
- Leapfrogs series of books by Jim Hall (Dance for infants; Gymnastics activities for infants; Games for infants). Available on Amazon

Thanks to Caitriona Cosgrave and Laura Walsh (North Dublin TPC) for sharing their ideas.