Equipment needed

- Straws
- Cotton wool
- Tissue paper
- Balls/ cars
- Picture book of animals

These games are part of the Ready Steady Go programme which aims to develop children’s foundation movement skills of stability, balance and body awareness to allow full participation in Foundation Stage activities.

The programme is intended to be used flexibly within the Early Years Foundation Stage as suits your setting. We would suggest starting with one or two games and repeating them until everyone is familiar and participating.

If you have any concerns about a child’s rate of progress with this programme please discuss this with your colleagues and/or the setting SENCO and the child’s parent/carers. Consider if further practice with the activities is needed to measure progress over a longer period. If there is no progress over an extended period please discuss with the child’s parents/carers as a referral for physiotherapy or occupational therapy may be necessary. The referral route will be via the family’s GP.
1. Play positions
Try changing positions children play in, eg: kneeling for registers, side lying for stories, standing for drawing, tummy lying for drawing.

What works well for you?

Which position can you play in?
- tummy
- half kneeling
- back
- sitting
- standing
- side lying
- high kneeling

2. Blowing games
The children blow small pieces of cotton wool or tissue paper (cherry sized) along a surface.

Try: across tables
- sitting at a table
- standing at a table
- blowing on the floor
- different positions eg, sidelying

Which position did you like best?
How far can you blow?
- 1m
- 3m
- 5m
- 10m

3. Bridging
The children make their bodies into bridges.

Bottom up! You can try rolling balls under-how many times?

- 3
- 5
- 10

Can you move the ball from side to side with your bottom?
How many times?

4. Tunnels
The children make their bodies into tunnels for a ball to go through eg,

- hands and knees
- hands and feet
- one knee up (1/2 kneeling)

How many times?

5. Statues
The children pretend they are statues and their friends very gently try to see if they can make them wobble to see if they are real.

How long can you stay still without being pushed?

6. Animal walks
Choose a book with plenty of animal pictures - let the children choose an animal to imitate and see if another adult can guess what it is.

- giraffes - all on tip toes with fingers stretched tall
- snakes - all on tummies, creeping quietly on elbows
- crabs - on backs then scurrying on hands and feet