

Physical Play

Physical Play helps develop movement and coordination. It also helps children develop their independence. Physical play is particularly good for active children, and children who struggle to concentrate.

Below are some ideas for physical play:

Sing and act out action rhymes with child such as, 'Row Row Your Boat'.

Take the child to the park or outside play area to enjoy the swings, slide and climbing frames.

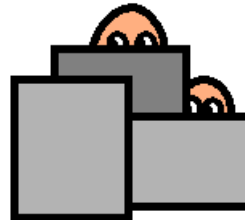


Play ball games at a level the child can enjoy.

Encourage young children to splash and kick at bath time or in puddles.

Play hide-and-seek and chase games.

Use push-along toys to encourage walking.



Visit a soft-play centre or include a soft-play area in your setting.

Lie child across a large gym ball and rock them backwards and forwards.



Bounce young children on your knees or lift and rock them in your arms.

