

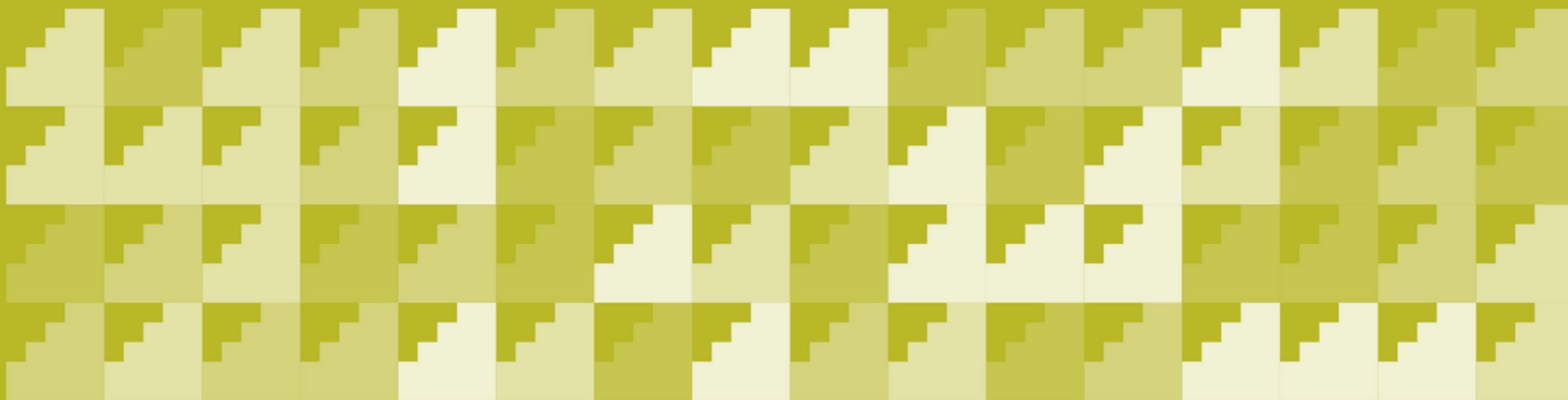
# GREATER MANCHESTER (GM) TOP TEN TIPS FOR MOVEMENT - BABIES

Printable slides

AGE

**0-1**

BABY



# INTRODUCTION

- **Welcome to the Greater Manchester (GM) 10 Tips for Movement - babies**
- **Babies need to be physically active from birth; moving, stretching, kicking, looking, grabbing, wriggling and wiggling.**
- **In these slides you'll find simple things you can do in your home, throughout the day to support your baby's physical development.**

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



# 1 **Move with me**

**I love music and movement, hold me and move around the living room with me or lie down and balance me on you so we can move together.**





# 2

## **Put me on my tummy, on the floor or on your chest**

I need tummy time to strengthen my muscles that I'll need to crawl. I might not like being on my tummy and I might cry, but try it for short amounts of time. Or try lying me on your tummy whilst you're lying down.

**Remember, back for bed, tummy for play.**





# 3 **Give me something to look at**

**Bubbles are a great way to get me to move my eyes, I can follow them in lots of directions which will help strengthen my eye muscles.**





# 4 **Help me to crawl**

**When I'm on my tummy, put my favourite object in front of me to encourage me to move. I'll do it eventually. Don't worry if I don't crawl, some of us can go straight from shuffling to standing up.**





# 5 **Make my bath time fun**

**Water's really important to me, I spent 9 months in it! Keep smiling and looking at me when I'm in the bath and try to make it as fun as possible, with splashes and playful noises.**







# 6

## **Let me explore**

**I like to explore and experiment, by myself and with your help. If I'm near the sofa, let me try to pull myself up or find things that I can reach out to and grab. When I'm ready, I'll start to cruise around holding your hands and eventually take my first few steps.**





# **7 I love to roll around**

**Rolling helps me to develop my balance and strength. Help me to roll from the hip and from front to back and back to front**

# 8 **Take me out of my pram, high chair and car seat for tickles and touches**

Take me out of my cot, rocker or car seat for a cuddle. I love to kick my feet and wiggle about. Tickles are the best thing ever! You could even try to give me a baby massage.





# 9 **I don't need fancy toys**

**I just need things to help me reach and grasp, pull and push. Hold an object in front of me and let me follow it with my eyes.**

**When I'm shuffling about, I'll try and chase a ball if you roll it away from me. Eventually I'll learn how to roll the ball, just like you.**



# 10

**Give me time to play.  
Show me how to play.  
Support me in my play.**

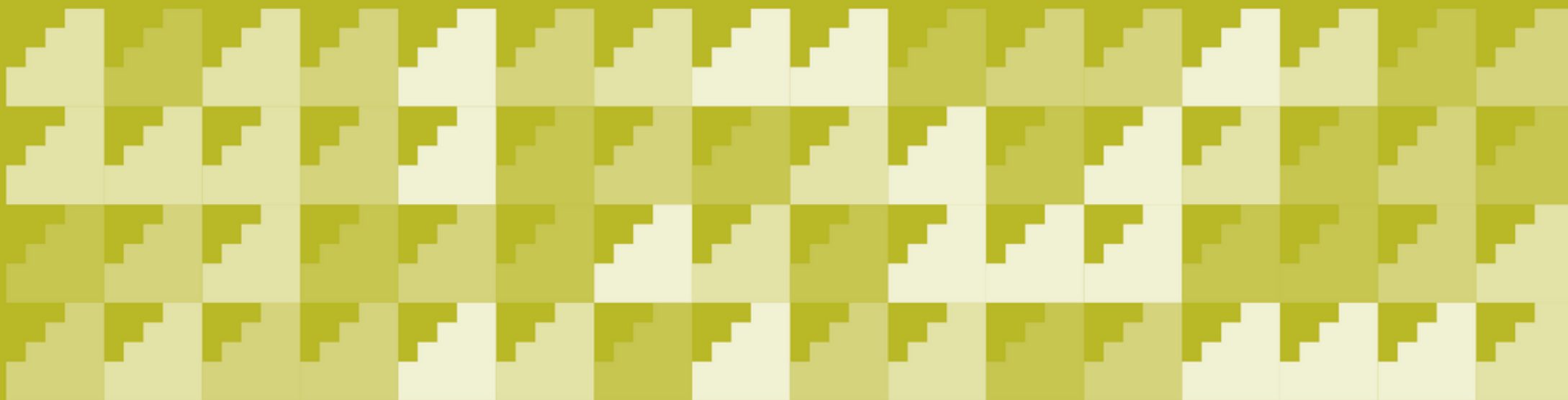
Get down on my level, this helps me to engage with you. Involve my senses in play; smell, touch, taste, sight, listening.



# **GREATER MANCHESTER (GM) TOP TEN TIPS FOR MOVEMENT: TODDLERS**

**Printable slides**

AGE  
**1-3**  
TODDLER



# INTRODUCTION

- **Welcome to the Greater Manchester (GM) 10 Tips for Movement - toddlers**
- **These slides give you things you can do as part of your normal routine in your home and out. Toddlers want to be physically active, they have lots of energy to burn and they need to experience all kinds of different movement.**

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



A group of children and adults are playing on a green patterned rug. In the foreground, a young boy in a striped shirt and jeans is looking towards a girl in a pink and white striped dress. Another boy in a blue shirt is standing nearby. Adults are visible in the background, some holding hands. There are toys on the rug, including a xylophone and a ring. The scene is brightly lit and appears to be indoors.

# 1 **Move with me**

I love music especially if I can move to it with you. Try different party games like musical statues (don't worry if I don't always freeze.) As I get older we could take it in turns to make up different moves.



# 2 **Let me move as much as possible**

I'm developing my coordination and growing stronger. Now I'm walking, add some more fun, like asking me to speed up, slow down, take big strides, tip toe, walk tall, walk small, stomp and jump too. See if I can go sideways and backwards. Bubbles are a great way to help me move by chasing, grabbing and kicking.





# **3 Give me time to play**

**Show me how to play.  
Support me in my play. Get  
down on my level, this helps  
me to engage with you.  
Involve my senses in play;  
smell, touch, taste, sight,  
listening.**





A baby with curly hair, wearing a light blue long-sleeved shirt and a white diaper, is sitting inside a large cardboard box. The baby is holding a red marker and drawing on the inside of the box lid. The box is open, and the baby is looking down at their drawing. The background is a white, textured surface, possibly a bedsheet. The text is overlaid on the left side of the image, with a large white number '4' and bold black text.

# **4 Encourage me to move more when we are at home**

I love going on adventures and the best bit is that I can explore, climb and crawl without even leaving the house. Grab a cardboard box so I can hide in it and peek out at you, we could even make a home-made den using bedsheets and cushions.



# 5 **Balancing**

Try making a balancing path for me to follow, or a tightrope for me to walk along with chalk or tape, see if I can do it without stepping off, make it shorter or longer, or send it in different directions.





# 6

**Help me make  
my arms strong,  
this will help me  
learn to write.**

Throwing different objects helps me master hand eye coordination and make my arms strong. Try balls, scarves, rolled up socks, a tea towel, scrunched up paper – anything safe and soft! Be creative, get me used to the object doing different things and moving in different ways, using different types of throwing like overarm and underarm.





A close-up, low-angle shot of a child's bare feet walking on a dark, polished wooden floor. The child is wearing dark grey sweatpants. The background is softly blurred, showing a light-colored wall and a chair leg. The overall lighting is warm and natural.

# **7 I like to be barefoot, get me to take off my shoes**

Let me explore different textures with my feet. I can do this inside or outside, find some large, low-sided plastic boxes, washing up bowls or baking trays, large enough to fit my feet in, fill each box with a different type of texture like water, crunched up paper, sand, soil or rice and get me to walk through the different boxes.



A child is sitting on a green lawn, playing with mud. Their hands are covered in brown mud, and they are shaping it into a ball inside a yellow plastic bowl. To the right, there is a purple plastic bowl, also containing mud. The child is wearing a white t-shirt and dark blue patterned pants. The background is a soft-focus green lawn. A large white number '8' is overlaid on the left side of the image.

# 8

## **Let me get messy**

**As long as I'm dressed sensibly, I'll be able to move more independently. Let me make you a mud pie, fill buckets or empty tubs with different textures e.g. porridge, dry rice, water or leaves. Ask me to fill the containers up with large spoons and get me to transfer the mixture from one to another, this helps my hand-eye coordination.**





# 9

## **Help me to do things by myself**

**This could include helping with household tasks like tidying my room. How about making fun activities out of doing the washing or putting the pots away so it fits into your daily routine – if you show me what to do I will love to try and help.**



# 10 **Give me time to play outside**

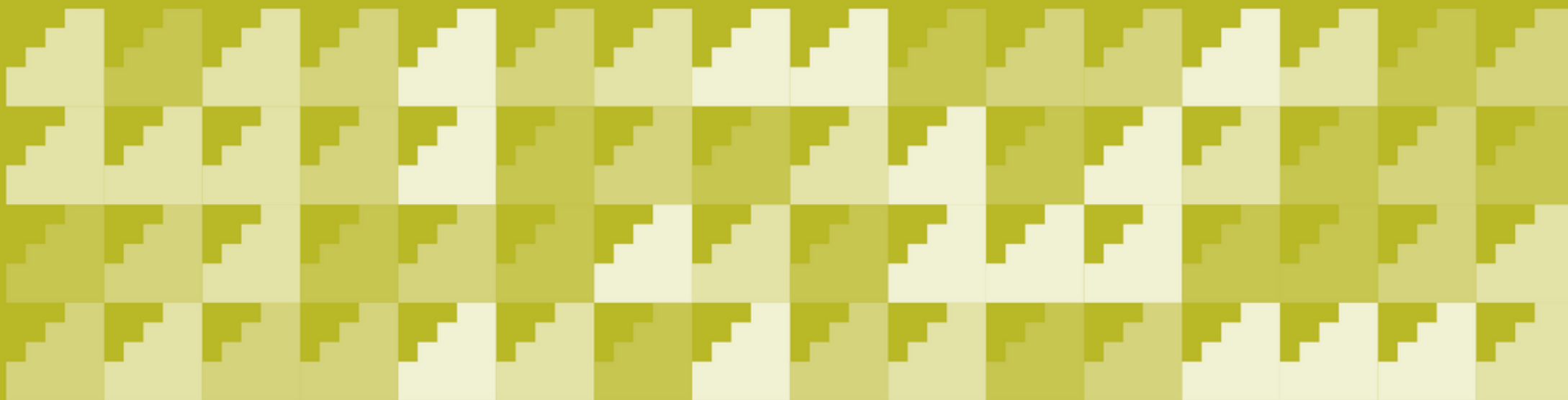
**This will help me to be more active and learn about the natural environment. Let me walk, run and move on different textures and surfaces like grass and concrete. This will help build my balance and get me ready to deal with tricky tasks like climbing stairs. Any safe open space close by or a garden will do, we can have races, chase and pop bubbles and jump or step over the cracks in the pavements.**



# GREATER MANCHESTER (GM) TOP TEN TIPS FOR MOVEMENT: PRE-SCHOOL

Printable slides

AGE  
**3-5**  
PRE-SCHOOL



# INTRODUCTION

- **Welcome to the Greater Manchester (GM) 10 Tips for Movement - pre-school.**
- **These slides give you things you can do as part of your normal routine in your home and outdoors. Pre-schoolers want to be active, they have lots of energy to burn and they need to experience all kinds of different movement.**
- **The activities encourage development of gross and fine motor skills that they'll need to get them school ready.**

All activities can be adapted for those with disabilities. Support your child to move as much as possible (arms, legs, head). If in a wheelchair and there's room, spin on the spot and move around; build up the energy in the room. Where movement is not possible as suggested, aid them to touch and feel the equipment to involve them in the activity.



# INTRODUCTION

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# 1 **Move with me**

**I love music especially if I can move to it with you. Try different games like musical statues, we can take it in turns to make up poses or just make up a dance to my favourite song.**



# 2

## **Challenge me**

**Now I'm walking, running and maybe jumping I like to be the best and the fastest. Set me challenges against the clock, or get me to make my own obstacle course using my favourite moves. I can go backwards, sideways, fast or slow, try jumping, hopping, skipping and balancing. I might struggle at first but I will master them if I keep trying!**





# 3

## **Kick, strike and hit**

Now I am a bit older I like to kick, hit and strike things to make them move. Give me different objects to kick with my feet and strike with my hands. Rolled up socks, balloons and scrunched up tea towels. A simple keep it up game using all my different body parts will help me develop my coordination.





# 4 **Help me do things by myself**

Let me have a go at making my bed, putting my socks and shoes on and putting my coat or jumper on. We can play games to help me practice this, like balancing on one foot or stretching up high to put my t-shirt on.





# 5 **Encourage me to move more when we are at home**

I love going on adventures and the best bit is that I can explore, climb and crawl without even leaving the house. Grab a cardboard box and I'll come up with lots of ideas of how to use it or we could make a home-made den with bedsheets and cushions.



# 6 **Both sides of my body**

**Help me use both sides of my body at the same time, this will help with my reading and writing. An easy way to get me to do this is with head, shoulders, knees and toes, or Simon Says and get me to copy your movements. Play a game to get me to pass objects from one side of my body to another; I can do this sitting down or standing up.**





# 7 **Let me take risks**

**I'm getting braver when I'm moving, I may want to climb higher or run faster, this is okay as long as you keep an eye on me. Sometimes I'll fall over or get it wrong but that's okay, it's how I'll learn. Being outside will help me be more active and learn about the natural environment. Let me walk, run and move on different textures and surfaces like grass and concrete. Any safe open space close by or a garden will do, we can have races, chase and pop bubbles, jump or step over the cracks in the pavements. If you ask me 'which way' I'll lead us on our adventure.**





# 8

## Balancing

Try making a balancing path for me to follow, or a tightrope for me to walk along with chalk or tape, see if I can do it without stepping off, make it shorter or longer, or send it in different directions





# 9

## **Help me make my arms strong, this will help me learn to write**

**Throwing different objects helps me master hand eye coordination and make my arms strong. Try balls, scarves, rolled up socks, a tea towel, scrunched up paper – anything safe and soft! Be creative, get me used to the object doing different things and moving in different ways, using different types of throwing like overarm and underarm.**





# 10 **Help me sit in different positions**

**Sitting in the 'W' position, with each leg bent back to each side, can be common for me, but it will limit my trunk rotation and core strength. Encourage me to sit with my legs straight out in front of me with a straight back – I will copy you if you do it first. When I'm sat on a chair, make sure that my feet can touch the floor. This will make me feel stable and help me focus on what I'm doing. If I'm sat on a chair which is too high for my legs, then if possible put a 'step' under my feet like the ones I use when I'm toilet training.**

