



CONFIDENT MOVERS FOR A GREAT START TO SCHOOL

Move Well, Play Well



LIMIT SCREEN TIME

MODEL MOVEMENT

KIDS COPY WHAT THEY
SEE : GO FOR A BUSH
WALK, DANCE, THROW
A FRISBEE.

CREATE OBSTACLE COURSES

MAKE OBSTACLE COURSES TOGETHER
USE CUSHIONS, CHAIRS, STEPPING
STONES, WOODEN PLANKS
REMEMBER GO SLOW FOR
GOOD BALANCE

TOP TIPS TO HELP YOUR CHILD MOVE WELL

CHOOSE ACTIVE TOYS

SKIPPING ROPES, BALLS,
BOXES, TRIKES, BUBBLES,
BALLOONS

PLAY GAMES

FOLLOW THE LEADER, HOKEY
POKEY, MUSICAL STATUES,
REDLIGHT/GREEN LIGHT, ANIMAL
WALKS

PLAY BALL GAMES

CATCH AND THROW A BALL, INCREASING
DISTANCE
HANG A BALL FROM THE CLOTHESLINE
AND STRIKE IT WITH A CARDBOARD
TUBE
PLAY KEEPIEUPPIE WITH A BALLOON

IS YOUR CHILD MOVING WELL?

CAN YOUR PRESCHOOLER DO THIS?

BALANCE ON ONE LEG FOR 4 SECONDS (4 YEARS) OR 6
SECONDS (5 YEARS)

CATCH A BEAN BAG IN THEIR HANDS

WALK ALONG A LINE ON THEIR TIPTOES - 4 STEPS (4 YEARS)
OR 12 STEPS (5 YEARS)

OR

DOES YOUR PRESCHOOLER STRUGGLE TO?

RUN WITH FRIENDS WITHOUT FALLING
SIT CROSS LEGGED

GET UP FROM THE FLOOR HANDS FREE
CLIMB STAIRS WITHOUT A RAIL
AVOID BUMPING INTO FURNITURE

IF YOU HAVE CONCERNS ABOUT YOUR CHILD'S MOVEMENT A PAEDIATRIC
PHYSIOTHERAPIST CAN HELP

PHYSIO HELPS YOUR CHILD MOVE WITH STRENGTH AND CONFIDENCE-READY FOR EVERY
SCHOOL DAY

 www.kidsphysio.com.au

 65A WENTWORTH LANE, PORT KEMBLA

 suzy@kidsphysio.com.au

 0416084268

