



Nottinghamshire  
County Council



Prebend Pre-school  
with Woodland Learning

Committed to equality by safeguarding children in our care

# It's fun to play at home

## Moving!



### When you are outside:

Look for logs to climb on,  
Spin and twirl safely,  
Roll down grassy hills,  
Try to catch falling leaves

### When you are inside:

Crawl under duvets or twirl them around while they sit on top.  
Dance to your favourite music.

Look for things to use as stepping stones.

Find things to crawl or wriggle under.

Throw, catch, roll, kick and bounce balls.

Allow your child to learn how to "weigh up" risks.

This will help your child to not only develop their physical skills, but will also develop their learning in all areas and will help them to feel good!

### Lets talk:

Wriggle  
Crawl  
Spin  
Balance  
Climb  
Wobble  
Twirl  
Roll

