

PE for Nursery Children

Most children do not need PE sessions for exercise - 3 and 4 year olds do not stop moving if they are in a healthy home. A healthy child of this age should be moving around 4 hours a day.

PE is used for gaining skills such as hand eye coordination, balance and following instructions. Whole body strength helps build a child's core. Good core strength at this young age helps a child become school ready by allowing them to sit at a table and learn to write.

Lots of you will be following Joe Wicks each morning. Fantastic! Well done, but you may want a rest from his high intensity work out.

During our PE sessions in Nursery we concentrate on listening skills as well as coordination skills.

- Encourage your child to crawl through things; a play tunnel if you have one or a series of kitchen table chairs.
- Climbing should be kept safe, so please only use a climbing frame in your own garden. It should also be a safe height for your child's age.
- Slithering along the floor is good too - pretend you are a snake or a worm!
- Balancing a ball on a bat is a great thing to do. Throwing and catching a ball or a bean bag (or small soft toy) is also great for a child's development.
- Bouncing a ball and catching.
- Kicking a ball to a sibling or yourselves and receiving a ball back again.
- Skipping ropes are tricky but if you have a determined child go for it! Keep it somewhere safe when not in use.



Occasionally in Nursery, we follow a yoga video on YouTube called 'Cosmic Kids'. It is a safe channel which the children love and follow easily.

We also use 'Sticky Kids' which is a music CD. The children move around the space and follow instructions. I have had a quick Google and you can find audio on YouTube or Spotify. 'The Learning Station' and 'The Wiggles' are both good music and movement providers which can be found on YouTube.

