

Play

Movement, music and play

Moving the body

Regular movement experiences help children to develop movement control, coordination and strength.

Children can move their bodies in many ways. By moving their body, children develop movement control as they balance, crawl, run, jump and swing. Children also develop a sense of where their body is in space, and improve their balance, coordination and strength.

Body movements

Encourage your child to move in different ways

- Use travelling movements such as walking, running, jumping, sliding, shuffling and rolling.
- Move in different directions such as forwards, sideways or backwards.
- Move 'on the spot' such as bending, pushing, stretching and twisting.
- Explore moving at different levels such as from low to high, or create shapes with the body.
- Explore balance and control when stopping or keeping the body still to hold a pose.

Ways to move and climb

Encourage your child to:

- move and climb through an obstacle course (e.g. jump, hop, run, crawl, sidestep, slide, walk and balance)
- move in different positions through an obstacle course (e.g. on, in, under, over, between, through and around).

Activity ideas

You can access a range of outdoor and indoor places for you and your child to explore moving your bodies.

- Set up or use any obstacles, climbing or jumping equipment you have at home.
- Visit a local park and explore outdoor climbing frames and adventure playgrounds.
- Visit an indoor play area and explore tunnels, ladders, slides and climbing nets.



- Visit a friend who has a trampoline, fort, slide or climbing equipment at their home.

Music

Dancing, musical games and movement activities develop children's coordination, control and body awareness. Musical experiences also provide opportunities for children to explore the elements of music such as beat, rhythm and tempo. Listening to songs and music helps to develop children's listening skills, language, vocabulary and memory.

Types of musical experiences

- Singing or listening to songs
- Singing nursery rhymes
- Finger plays or action songs
- Dancing
- Action games

- Playing musical instruments
- Listening to CDs and DVDs

Items to collect

- Scarves
- Streamers and ribbons
- Pots and pans or other homemade instruments
- Children's music CDs and DVDs

Simple musical instruments

- Shakers (rice in a container)
- Drums (box with sticks)
- Tambourines (metal bottle tops hammered onto wood)

Participating in music activities develops children's imagination, creativity and sense of wonder. As they make and respond to music, they explore ways to creatively represent their feelings, ideas and experiences.



Outdoor play

Outdoor play provides a stimulating context for children's learning. Playing outdoors promotes children's physical wellbeing, including developing control and strength for manipulating objects and equipment, and large movement skills.

Supporting your child's learning in outdoor environments

- Organise time for your child to play outdoors.
- Support your child to choose the activities that interest them.
- Make sure equipment and spaces are safe, yet provide challenge and interest.
- Show interest in what they are doing and value their ideas and abilities.
- Ask questions which encourage them to think through their ideas.
- Provide opportunities for playing with other children to encourage sharing ideas and materials.

Ideas for outdoor play

Outdoor play can take place in backyards, paddocks, driveways, parks, verandas, playgrounds or local natural environments.

Explore spaces and objects

- Explore water, sand and mud, or a pile of dirt and stones.
- Explore ways to use objects and spaces such as trees, fences, paths or driveways that are useful to climb up, jump off or ride along.

- Encourage your child to touch, look at or smell natural objects such as leaves, insects, bark or rock formations.

Setting up

- Add some old kitchen utensils, plastic containers and trowels, spoons, shovels that are useful for sand and mud play spaces.
- Add household materials such as cartons, boxes, tyres, logs and planks for your child to explore building and fantasy play.
- Add an old blanket, mattress, bedsheet or piece of cardboard for making cubbies, tents or spaceships.
- Fix a swing or rope ladder to a tree.

Things to do

- Watch for cloud patterns that change.
- Tie a rope to a fence or tree and use it for jumping over or skipping.
- Fix paper to a fence and use it for outdoor painting.
- Provide a can of water and a brush to paint a fence, trees or rocks.
- Draw hopscotch squares on a path with chalk and hop or jump in or over the spaces.

Talk with your child about their outdoor experiences and use interesting words to describe the things they have discovered (e.g. delicate and enormous). As your child hears new words, they will begin to use them too.

For further information, visit www.qld.gov.au/kindy

Disclaimer: the information in this resource sheet is offered as a guide only, and should not be treated as an exhaustive statement on the subject.