

## EYFS Resources to keep active

Children are born ready and eager to learn. Physical development is one of the key areas of the early years foundation stage and is used to develop a child's movement, handling of objects, understanding of their own body and health and levels of self-care.

The recommended amount of physical activity for children under 5 is 180 **minutes** a day and should include opportunities for children to participate in active play, learn movements skills so they can master ways of controlling their bodies and coordinating their movements

### Lancashire's 5 fundamental movement skills for Under 5's!

Fundamental movement skills are the building blocks for movement that help prepare children for a participation in a wide range of school physical activities, PE and sport.

Children should be given regular opportunity to play and practice these skills:

Skill & Learn Resource	Video Demonstration
<a href="#"><u>Jumping</u></a>	<a href="#"><u>Jumping Video</u></a>
<a href="#"><u>Throwing</u></a>	<a href="#"><u>Throwing Video</u></a>
<a href="#"><u>Hopping</u></a>	<a href="#"><u>Hopping Video</u></a>
<a href="#"><u>Running</u></a>	<a href="#"><u>Running Video</u></a>
<a href="#"><u>Catching</u></a>	<a href="#"><u>Catching Video</u></a>



Online Resources available to support your child to be active through play, remember to log our activities towards your 21 minute challenge!

**Busy Feet at Home:**

(Online Resources)  
Simple skill development e.g throwing and catching, and movement skills

**Boogie Beebies**

Videos that get younger children up and dancing with CBeebies presenters.

**Health Matters**

(Live session Monday, Wednesday, Friday @ 11am)

**Hungry Little Minds**

Activities for children of all ages. Videos, ideas and information 0-5 years.

## Online Videos

- [Fine Motor skills \(fingers/hands\) – Dough Gym](#)
- [Animal Movements - \(Balance, Strength, Movement skills\)](#)
- [We're Going on a Bear Hunt Active Story](#)
- [Basic movement patterns- Can you copy them at home?](#)
- [Sesame Street Monster Meditation- Mindfulness exercises](#)



## Rossendale School Sports Partnership's Weekly Walks

Every week we will release a local walk for you and your family to take part in.

Week1.

This is an ideal walk for those local to Haslingden. This is a 1 mile Urban Woodland walk from Haslingden Library and should take between 20 - 35 mins. There are some shallow steps at the end, but the majority of the walk is on pavement, low gradient of footpath and the brand new Route 6 cycle path!.

Start the walk opposite Haslingden Library and head down Deardengate towards the traffic lights. Cross over than continue on Deardengate to the Grane Road (Bay Horse pub is on the corner here). Go down Grane road until you pass a blue lamppost and bench. Just after this is a sloping path down to Prospect Hill. Descend that path and follow Prospect Hill round onto Charles Lane. From there go onto South Shore Street passing St Mary's football ground on your left. At the end of the street continue on the footpath and onto the National Route 6 cycle path. Follow this until you come to a fork in the path. Take the right hand fork heading up into the woods, continue on this passing the allotments on your left until it brings you to some shallow steps taking you back up onto Blackburn Road. Cross the road, pass through the little garden opposite (which used to be Lancashire and Yorkshire Bank), continue on past the school until you reach the top of Deardengate. Turn right and you will see the library down the road where you started.

Thanks to Abigail Thompson for sharing this walk.

If you have a go at this walk please send in photos, likewise please share any running or walking routes that you take part in so others can have a go.

Find us on social media by searching 'Rossendalessp' or click on the link <https://www.facebook.com/Rossendalessp/> tag us in your posts and use the hashtags #21MinuteChallenge #HealthySelfie #walkrossendale or direct message us with your photos.