

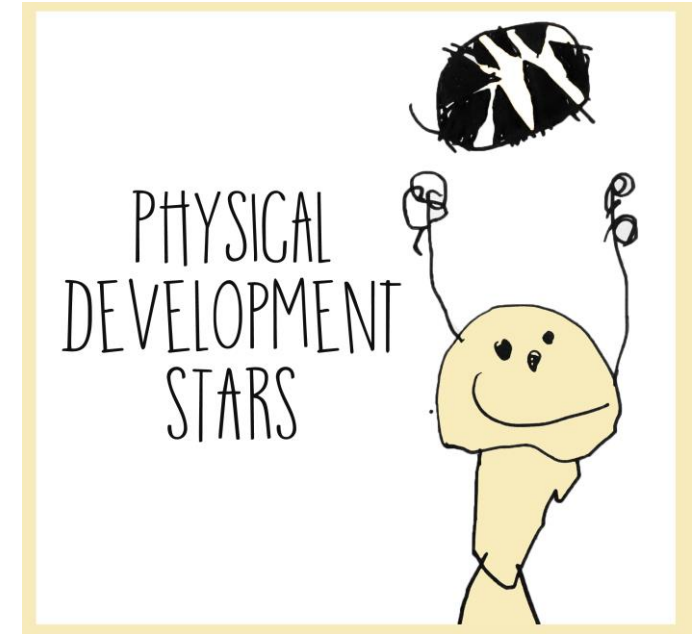
# Physical Activity

At Bertram Nursery Group we are committed to ensuring children are physically active for a minimum of 3 hours per day. We would love children to continue with this as much as possible at home.

Taking part in regular physical activity has proven benefits for children's physical and mental health as well as being the bedrock for all other areas of learning.

## Ideas to encourage your children to be more physical when at home:

- Running, walking, skipping, jumping laps around the garden (no matter how small the space is)
- Action songs and rhymes
- Create an obstacle course indoors or out
- Dancing (see links at the end of the document for online classes)
- Standing at a table for activities rather than always sitting
- Simple yoga poses and stretching#
- A walking story



## Seeing the everyday differently!

Have fun seeing the world from different angles. Let children get their bodies into different shapes and tell you what they can see!



# Simple Yoga Poses

Yoga is a fantastic way for your child to be physically active in a small space. It is a great opportunity to increase flexibility, coordination and body awareness as well as a sense of calmness and relaxation. Use a flat surface and a mat if you have one.

Allow children to move in ways they feel comfortable and only attempt these poses if your child is fit and well enough to do so.



**Unicorn Pose**



**Rainbow Pose**



**Bridge Pose**



**Upward Dog Pose**



**Flamingo Pose**



**Butterfly Pose**



**Frog Pose**



**Downward Dog Pose**



## Dance

Let children lead the dance routine! Dance in anyway, anywhere, to any music. Or even teach children old dance moves we did when we were young!

See online links at the end of the document.