

Physical Activity

At Thrive, 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



A close-up photograph of a baby performing a handstand on a paved path. The baby is wearing a white diaper with colorful polka dots and floral patterns, and brown lace-up boots with white socks. The baby's face is upside down, looking directly at the camera with a neutral expression. The background is a blurred green lawn and a grey path.

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

A photograph of two young girls dancing. The girl on the left is wearing a pink polka-dot long-sleeved shirt and a pink sheer scarf that she is holding up to her face. The girl on the right is wearing a blue long-sleeved shirt and a yellow sheer scarf that she is holding up to her face. They are both smiling and appear to be in a dance routine. The background is slightly blurred, showing what looks like a classroom or activity room.

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.