

COME AND BE NUTZ WITH US



In need of some ideas for constructive, physical activities that can promote gross motor skill development and keep your children fit and healthy? HealthNutz (a Sports Science Institute of South Africa Community Health Intervention Programme) is here to help. Follow this activity sheet for a fun-filled and educational session!

WHAT YOU WILL NEED

- Rope or anything long and thin (like a scarf) that can be made into a big circle on the ground.
- Waste paper balls (make these by rumpling waste paper, e.g. newspaper, and then covering it with cellotape or masking tape)
- One or two or 2 containers big enough to hold the waste paper balls, (e.g. big ice cream container).
- A bean bag or small bag filled with rice / beans or similar.

NUMBER OF KIDS AND TIME REQUIRED

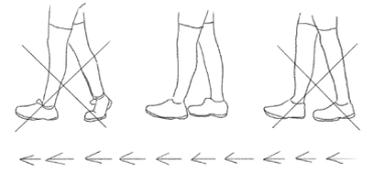
- 1+ children
- Between 10 and 30 minutes.

GROSS MOTOR AND COGNITIVE SKILLS

- Throwing, coordination, dynamic balance
- Shapes, planets, numeracy

How to play

- As a warm up, put some fun music on. While the music is playing, ask the kids to dance freely and when the music stops ask the children the question: "What country do you live in?" and let them answer. Continue this and change the question when the music stops e.g. "What town do you live in?, What planet do you live on?" Use this time to show children pictures of the Earth like the illustration below.
- Once you are warmed up, ask the children the names of shapes that they know and if they can draw them. Ask the children to make the shapes with the rope. Then ask them what shape Earth is and ask them to make a big circle with the rope - this will be Planet Earth.
- Tell them they are explorers who are going to travel around Earth, but to do this, they have to walk heel-toe along the rope (see illustration to the right). After one circle, tell them they forgot their backpacks! Place the bean bag (or home-made version) on top of their heads and travel the world again. Add a progression by letting them walk heel-toe backwards, or even with their eyes closed.
- Next, talk about the North and South Poles: "Where are they on Earth and what would they look like, would it be cold?". Ask them to run around the Earth (rope), but stop and shiver whenever they are at those positions.

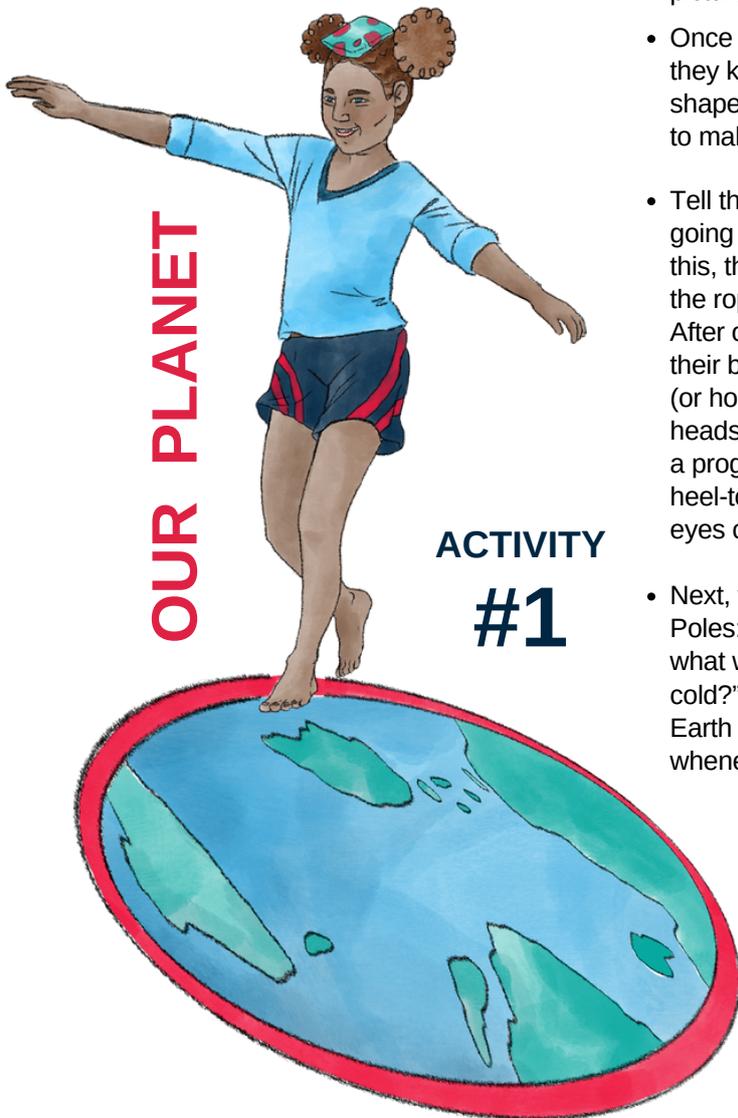


Correct heel-toe technique



Correct over-hand throw technique

OUR PLANET



- Now talk to them about the equator; "What is it, where is it, and what temperature would it be there?". Ask your explorers to stand at the edge of the equator and face outwards (middle of the rope). Put the waste paper baskets about 3m to 5m away from the edge and place the waste paper balls next to the children. Ask your explorers to throw the waste paper balls into the baskets / bowls. Use this activity to talk to children about the importance of recycling and keeping the earth clean.

Tips for adding numeracy skills: Ask children to count their steps when walking heel-toe, for e.g. turn around after 16 steps. For older children, ask them to count the waste paper balls they threw into the container and ask them to double the number or halve it, or ask them to add or subtract the amounts they got in the basket and the amount they did not.