

# 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

- Wooden blocks, lego pieces, or any building toys at home. If you do not have, use empty toilet rolls and old empty containers.
- Tape or rope

## NUMBER OF KIDS AND TIME REQUIRED

- 2+ children
- Between 10 and 20 minutes.

## GROSS MOTOR AND COGNITIVE SKILLS

- Upper body strength, coordination, fine motor skills (building blocks)

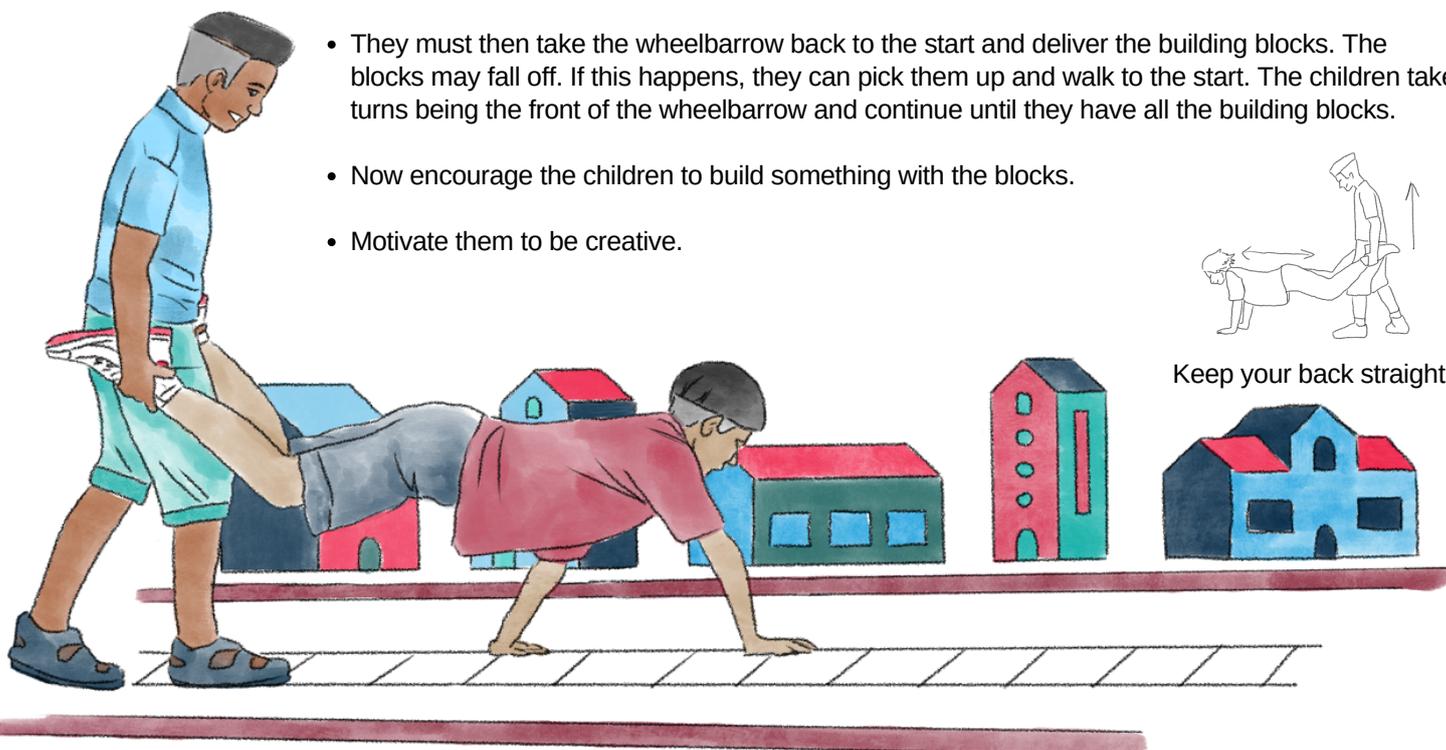
## ACTIVITY

# #5

# How to play BUILDING & CONSTRUCTION

- Today we are on a construction site and the children are master-builders! Ask them what they would build, if they were indeed builders on a construction site. Discuss different types of construction projects (e.g. houses, buildings, bridges, roads etc.)
- Have the children pair up and teach them how to make a wheelbarrow (see image). Make sure the child in the front keeps their back as straight as possible (no arching of the back).
- Place the "building materials" (lego, toilet rolls, containers etc) on one side of the room and create a "road" using tape or rope from the blocks to the other side of the room.
- Now instruct your master-builders to move the wheelbarrow along the road to collect as many as they can on the back of the child in front. When they get to the "building material" they can let the "wheelbarrow" lay flat and put the block on top before lifting the "handles" (legs) again.

- They must then take the wheelbarrow back to the start and deliver the building blocks. The blocks may fall off. If this happens, they can pick them up and walk to the start. The children take turns being the front of the wheelbarrow and continue until they have all the building blocks.
- Now encourage the children to build something with the blocks.
- Motivate them to be creative.



**Tip:** You can also use this time to teach them about how houses are built, teach them the importance of a good foundation, and teach them about the different materials houses are made from.